



SMFSC STARSkate 2022-2023 Off-Ice Schedule

Revised:

14-Aug-22

Season Start Date:

Monday, Sep 12, 2022

Season End Date:

Friday, Jun 2, 2023

Core/Balance

Instructor: Rachel

Mondays		First Day: 12-Sep	Last Day: 29-May	# of sessions: 29
Start Time	End Time	Session	Price	No Classes:
5:35 PM	6:20 PM	STAR 5 - Gold	\$160	10-Oct Thanksgiving
6:40 PM	7:15 PM	STAR 1 - 3	\$125	31-Oct Halloween
7:30 PM	8:10 PM	STAR 3 - Gold	\$140	26-Dec Winter Break
				02-Jan Winter Break
				20-Feb Family Day
				13-Mar March Break
				17-Apr Ice Show Practice
				24-Apr Ice Show Practice
				22-May Victoria Day

Dance

Instructor: Jenny

Tuesdays		First Day: 13-Sep	Last Day: 30-May	# of sessions: 31
Start Time	End Time	Session	Price	No Classes:
For the Period - Sept 13 to Oct 4				25-Oct Assessment Day
6:20 PM	7:00 PM	STAR 5 - Gold	\$145	27-Dec Winter Break
7:15 PM	7:50 PM	STAR 1 - 2	\$125	03-Jan Winter Break
8:00 PM	8:35 PM	STAR 3 - Gold	\$125	07-Mar Assessment Day
For the Period - Oct 11 to May 30				14-Mar March Break
6:10 PM	6:50 PM	STAR 5 - Gold	Incl'd in above	18-Apr Ice Show Practice
6:50 PM	7:25 PM	STAR 1 - 2	Incl'd in above	25-Apr Ice Show Practice
7:35 PM	8:10 PM	STAR 3 - Gold	Incl'd in above	

Jump

Instructor: Meaghan

Wednesdays		First Day: 14-Sep	Last Day: 31-May	# of sessions: 32
Start Time	End Time	Session	Price	No Classes:
5:35 PM	6:20 PM	dedicated comp skaters	\$300	14-Dec Assessment Day
6:40 PM	7:15 PM	STAR 1 - 2	\$235	28-Dec Winter Break
7:30 PM	8:10 PM	STAR 3 - Gold	\$265	04-Jan Winter Break
				15-Mar March Break
				19-Apr Ice Show Practice
				26-Apr Ice Show Practice

Strength and Conditioning

Instructor: Stephanie

Thursdays		First Day: 15-Sep	Last Day: 01-Jun	# of sessions: 32
Start Time	End Time	Session	Price	No Classes:
For the Period - Sept 15 - Oct 6				22-Dec Family Fun Skate
6:20 PM	7:05 PM	STAR 5 - Gold	\$205	29-Dec Winter Break
7:20 PM	7:55 PM	STAR 1 - 2	\$180	05-Jan Winter Break
8:05 PM	8:45 PM	STAR 3 - Gold	\$180	16-Mar March Break
For the Period - Oct 13 to June 1				20-Apr Ice Show Practice
6:10 PM	6:50 PM	STAR 5 - Gold	Incl'd in above	27-Apr Ice Show Practice
6:50 PM	7:25 PM	STAR 1 - 2	Incl'd in above	08-Jun Assessment Day
7:35 PM	8:10 PM	STAR 3 - Gold	Incl'd in above	

General

Instructor: Stephanie

Fridays		First Day: 14-Oct	Last Day: 02-Jun	# of sessions: 27
Start Time	End Time	Session	Price	No Classes:
6:00 PM	6:45 PM	STAR 3 - Gold	\$195	23-Dec Winter Break
7:00 PM	7:35 PM	STAR 1 - 3	\$155	30-Dec Winter Break
7:40 PM	8:00 PM	Gold CANSkate	\$90	06-Jan Winter Break
				17-Mar March Break
				07-Apr Good Friday
				21-Apr Ice Show Practice
				28-Apr Ice Show Practice

*Times and prices subject to change due to scheduling updates, errors & omissions