

**SMSC STARSkate 2023-2024 Off-Ice Schedule**

Revised: 10-Aug-23

Season Start Date:

Monday, Sep 11, 2023

Season End Date:

Friday, May 31, 2024

Jump**Instructor: Flexafit**

Mondays		First Day: 11-Sep	Last Day: 27-May	# of sessions: 32	
Start Time	End Time	Session	Price	No Classes:	
4:35 PM	5:15 PM	STAR 5 - Gold	\$380	09-Oct Thanksgiving	
5:40 PM	6:10 PM	STAR 3 - Gold	\$285	25-Dec Winter Break	
6:25 PM	6:50 PM	STAR 1 - 2	\$237	01-Jan Winter Break	
6:50 PM	7:15 PM	STAR 2 - 4	\$237	19-Feb Family Day	
7:25 PM	8:00 PM	STAR 4 - Gold	\$332	11-Mar March Break	
				20-May Victoria Day	

Dance**Instructor: Katie**

Tuesdays		First Day: 12-Sep	Last Day: 28-May	# of sessions: 34	
Start Time	End Time	Session	Price	No Classes:	
5:00 PM	5:20 PM	PreSTAR	\$117	31-Oct Halloween	
5:30 PM	6:10 PM	STAR 4 - Gold	\$233	26-Dec Winter Break	
6:30 PM	7:05 PM	STAR 1 - 3	\$204	02-Jan Winter Break	
7:25 PM	8:05 PM	STAR 3 - Gold	\$233	12-Mar March Break	

Core Strength**Instructor: Rachel**

Wednesdays		First Day 13-Sep	Last Day 29-May	# of sessions: 34	
Start Time	End Time	Session	Price	No Classes:	
5:00 PM	5:45 PM	STAR 4 - Gold	\$344	27-Dec Winter Break	
6:00 PM	6:20 PM	PreSTAR	\$153	03-Jan Winter Break	
6:30 PM	7:00 PM	STAR 1 - 3	\$230	06-Mar Assessment Day	
7:10 PM	7:50 PM	Comp/Elite	\$306	13-Mar March Break	

Fitness**Instructor: Stephanie**

Thursdays		First Day 14-Sep	Last Day 30-May	# of sessions: 33	
Start Time	End Time	Session	Price	No Classes:	
5:10 PM	5:50 PM	STAR 3 - Gold	\$267	09-Nov Assessment Day	
6:10 PM	6:45 PM	STAR 1 - 3	\$235	21-Dec Family Fun Skate	
7:05 PM	7:45 PM	STAR 4 - Gold	\$267	28-Dec Winter Break	
				04-Jan Winter Break	
				14-Mar March Break	

Flexability**Instructor: Flexafit**

Fridays		First Day 15-Sep	Last Day 31-May	# of sessions: 33	
Start Time	End Time	Session	Price	No Classes:	
4:45 PM	5:20 PM	STAR 5 - Gold	\$340	22-Dec Winter Break	
5:40 PM	6:15 PM	STAR 4 - Gold	\$340	29-Dec Winter Break	
6:15 PM	6:30 PM	PreSTAR	\$146	05-Jan Winter Break	
6:50 PM	7:25 PM	STAR 1 - 3	\$340	15-Mar March Break	
				29-Mar Good Friday	

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