



SMSC STARSkate 2024-2025 Off-Ice Schedule

Revised: 19-Aug-24

Season Start Date: Tuesday, Sep 3, 2024
 Season End Date: Wednesday, Jun 4, 2025

Jump						Instructor: Flexafit
Mondays		First Day: 09-Sep	Last Day: 26-May	# of sessions: 29		
Start Time	End Time	Session	Price	No Classes:		
4:45 PM	5:25 PM	STAR 4 - Gold	\$440	30-Sep Day for Truth and Reconciliation		
5:40 PM	6:10 PM	STAR 6 - Gold	\$330	14-Oct Thanksgiving		
6:25 PM	6:50 PM	STAR 1 - 2	\$275	23-Dec Winter Break		
6:50 PM	7:15 PM	STAR 2 - 4	\$275	30-Dec Winter Break		
7:25 PM	8:00 PM	STAR 5 - Gold	\$385	17-Feb Family Day		
				10-Mar March Break		
				31-Mar Ice Show Rehearsal		
				07-Apr Ice Show Rehearsal		
				19-May Victoria Day		

Dance						Instructor: Katie
Tuesdays		First Day: 10-Sep	Last Day: 27-May	# of sessions: 33		
Start Time	End Time	Session	Price	No Classes:		
4:55 PM	5:15 PM	PreSTAR	\$119	24-Dec Winter Break		
5:30 PM	6:10 PM	STAR 4 - Gold	\$237	31-Dec Winter Break		
6:30 PM	7:05 PM	STAR 1 - 3	\$208	11-Mar March Break		
7:25 PM	8:05 PM	STAR 4 - Gold	\$237	01-Apr Ice Show Rehearsal		
				08-Apr Ice Show Rehearsal		

Mental Performance Training/Flexibility (1/2 and 1/2)						Instructor: Colleen & Ally
Wednesdays		First Day 11-Sep	Last Day 28-May	# of sessions: 32		
Start Time	End Time	Session	Price	No Classes:		
5:00 PM	5:45 PM	STAR 5 - Gold	\$381	25-Dec Winter Break		
6:00 PM	6:20 PM	PreSTAR - STAR 1	\$170	18-Sep No Instructor		
6:30 PM	7:00 PM	STAR 1 - 3	\$254	01-Jan Winter Break		
7:10 PM	7:50 PM	STAR 4 - Gold*	\$339	05-Mar Assessment Day		
		*Sept 11 to Sept 18 ends 5 mins earlier		12-Mar March Break		
				02-Apr Ice Show Rehearsal		
				09-Apr Ice Show Rehearsal		

Fitness						Instructor: Rachel
Thursdays		First Day 12-Sep	Last Day 29-May	# of sessions: 30		
Start Time	End Time	Session	Price	No Classes:		
4:40 PM	5:10 PM	STAR 3 - 5	\$229	31-Oct Halloween		
5:30 PM	6:10 PM	STAR 5 - Gold	\$305	07-Nov Assessment Day		
6:30 PM	7:05 PM	STAR 1 - 3	\$267	19-Dec Fun Skate		
7:25 PM	8:00 PM	STAR 4 - Gold	\$267	26-Dec Winter Break		
				02-Jan Winter Break		
				13-Mar March Break		
				03-Apr Ice Show Rehearsal		
				10-Apr Ice Show Rehearsal		

Yoga						Instructor:
Fridays		First Day 13-Sep	Last Day 30-May	# of sessions: 29		
Start Time	End Time	Session	Price	No Classes:		
4:45 PM	5:20 PM	STAR 5 - Gold	\$255	22-Nov Hockey Tournament		
5:40 PM	6:10 PM	STAR 4 - Gold	\$218	06-Dec Hockey Tournament		
6:15 PM	6:30 PM	PreSTAR	\$109	20-Dec Winter Break		
6:50 PM	7:25 PM	STAR 1 - 3	\$255	27-Dec Winter Break		
				03-Jan Winter Break		
				14-Mar March Break		
				04-Apr Ice show rehearsal		
				11-Apr Ice Show		
				18-Apr Good Friday		

Synchro For Synchro Skaters Only						Instructor: Megan
Saturdays		First Day 14-Sep	Last Day 19-Apr	# of sessions: 24		
Start Time	End Time	Session	Price	No Classes:		
8:00 AM	8:50 AM	Synchro		07-Dec Hockey Tournament		
				21-Dec Winter Break		
				28-Dec Winter Break		
				04-Jan Winter Break		
				15-Mar March Break		
				29-Mar Ice show rehearsal		
				05-Apr Ice show rehearsal		
		<i>Included with the Cost of the Synchro Program</i>				

* Schedule is tentative and subject to change due to updates, errors & omissions