

Glengarry Skating Club QuickStart25 Schedule (as of 18 July 2025) v2

Tuesday, September 2 - Saturday, September 6, 2025; No ice available at McLaren Park Arena

Monday, September 8 - Saturday, September 20, 2025; ALL GROUPS

Minimum Weekly Session & Level Requirements (non-Academy skaters in Grade 12 may skate one day less than the required minimums);

Rising Stars & Star1

- 5-12 years old
- Must have completed Stage4 of CanSkate and/or be invited to join

C - Session

- skaters in Grade6 & under
- Must be competing Star2-5 or have passed the Star1 Freeslate & Star1 Skills assessments
- Star2-4; 3 sessions minimum
- Star5+; 4 sessions minimum

B - Session

- skaters in Grade7 & above
- Must be competing Star2 + or have passed the Star1 Freeslate & Star1 Skills assessment
- Star2-4; 3 sessions minimum
- Star5+; 4 sessions minimum
- minimum 1 CanSkate PA per week

A - Session

- Academy skaters only
- Must be competing Star6 +
- Must commit to:
SS SummerSkate
SS Autumn Leaves
SS Sectionals Championships
OK Interclub Competition
Winter Wonderland
OK Regional Championships
SS StarSkate Final
Ogopogo (assistant)
Ice Parade
- minimum 2 CanSkate PA per week

Dance/Skills/Spins

- skaters in A or B sessions only
- registered for separately

* at the discretion of the Head Coach skaters may be moved to a different session to maintain balance

	Rising Stars & Star1	C - Session	B - Session	A - Session (Academy)	Dance/Skills/Spins
Monday (A) Flood: 6:30-6:45am	No session	No session	No session	6:45-7:00am Warmup 7:00-7:45am Freeslate 7:45-8:00am Grp Clinic	No session
Monday (B) Flood: 2:00-2:15pm 3:15-3:30pm	4:45-4:55pm Grp Warmup 4:55-5:30pm Grp Clinic 5:30-5:45pm Skates off 5:45-6:05pm Grp Dryland (S1)	3:45-3:55pm Grp Warmup 3:55-4:35pm Grp Freeslate 4:35-4:45pm Grp Clinic 5:00-5:30pm Grp Dryland	2:15-2:25pm Grp Warmup 2:25-3:05pm Freeslate 3:05-3:15pm Grp Clinic 3:30-4:00pm Grp Dryland	* 2nd session 2:15-2:25pm Grp Warmup 2:25-3:05pm Freeslate 3:05-3:15pm Grp Clinic 3:30-4:00pm Grp Dryland	No session
Tuesday Flood: 2:00-2:15pm 3:30-3:45pm 4:45-5:00pm	5:00-5:10pm Grp Warmup 5:10-5:45pm Grp Clinic 5:45-6:00pm Skates off 6:00-6:20pm Grp Dryland (S1)	3:45-3:55pm Grp Warmup 3:55-4:35pm Grp Freeslate 4:35-4:45pm Grp Clinic 5:00-5:30pm Grp Dryland	5:45-5:55pm Grp Warmup 5:55-6:35pm Freeslate 6:35-6:45pm Grp Clinic 7:00-7:30pm Grp Dryland	2:15-2:20pm Warmup 2:20-3:05pm Freeslate 3:05-3:20pm Grp Clinic 3:20-3:30pm Grp Strokings 3:45-4:30pm Grp Dryland	No session
Wednesday (A) Flood: 6:10-6:25am	No session	No session	7:00-7:10am Grp Warmup 7:10-7:50am Freeslate 7:50-8:00am Grp Clinic	* 2nd session 7:00-7:10am Grp Warmup 7:10-7:50am Freeslate 7:50-8:00am Grp Clinic	6:25-6:30am Warmup 6:30-7:00am D/S/S
Wednesday (B) Flood: 2:00-2:15pm 3:15-3:30pm	4:30-4:40pm Grp Warmup 4:40-5:15pm Grp Clinic 5:15-5:30pm Skates off 5:30-5:50pm Grp Dryland (S1)	3:30-3:40pm Grp Warmup 3:40-4:20pm Grp Freeslate 4:20-4:30pm Grp Clinic 4:45-5:15pm Grp Dryland	No session	2:15-2:20pm Warmup 2:20-3:05pm Freeslate 3:05-3:15pm Grp Strokings 3:30-4:15pm Grp Dryland	No session
Thursday Flood: 2:00-2:15pm 3:30-3:45pm 4:45-5:00pm	5:00-5:10pm Grp Warmup 5:10-5:45pm Grp Clinic 5:45-6:00pm Skates off 6:00-6:20pm Grp Dryland (S1)	3:45-3:55pm Grp Warmup 3:55-4:35pm Grp Freeslate 4:35-4:45pm Grp Clinic 5:00-5:30pm Grp Dryland	5:45-5:55pm Grp Warmup 5:55-6:35pm Freeslate 6:35-6:45pm Grp Clinic 7:00-7:30pm Grp Dryland	2:15-2:20pm Warmup 2:20-3:05pm Freeslate 3:05-3:20pm Grp Clinic 3:20-3:30pm Grp Strokings 3:45-4:30pm Grp Dryland	No session
Friday Flood: 2:15-2:30pm	No session	* Jr Academy (invite only session) 4:15-4:25pm Grp Warmup 4:25-5:05pm Grp Freeslate 5:05-5:15pm Grp Clinic	* Jr Academy (invite only session) 4:15-4:25pm Grp Warmup 4:25-5:05pm Grp Freeslate 5:05-5:15pm Grp Clinic	2:30-2:35pm Warmup 2:35-3:20pm Freeslate 3:20-3:40pm Grp Edge	3:40-3:45pm Warmup 3:45-4:15pm D/S/S
Saturday	No session	No session	No session	No session	No session