

## Glengarry Skating Club - Summer 2025 Schedule (v1 as of 18 May 2025)

All sessions to be held at McLaren Park Arena

Wednesday, July 2 - Friday, August 15 (Monday - Friday)

No sessions; Tuesday, July 1 (Canada Day) & Monday, August 4 (BC Day)

### Rising Stars, StarSkate, & Pathway

Week1; Wed Jul 2 - Fri Jul 4

Week2; Mon Jul 7 - Fri Jul 11

Week3; Mon Jul 14 - Fri Jul 18

Week4; Mon Jul 21 - Fri Jul 25

Week5; Mon Jul 28 - Fri Aug 1

Week6; Tue Aug 5 - Fri Aug 8

Week7; Mon Aug 11 - Fri Aug 15 (competition week for BC/YT SS Summer Skate)

BC/YT SS Summer Skate Competition; August 14-17 (Burnaby, BC)

\* to attend the BC/YT Summer Skate competition skaters must skate the following minimum number of Summer 2025 weeks (including Week7):

- Star2-5; 4 weeks    - Star6+; 5 weeks    - Pathway; 6 weeks

GSC Summer Star6+ Assessment Day; Friday, August 8 (1:00pm-3:30pm)

\* skaters who are planning to do Skate Canada assessments must skate Week6

\* Groupings are based on the following:

Rising Stars: Must have completed Stage3 of CanSkate and/or be invited to join

Star1: Must have completed Stage6 of CanSkate and/or be invited to join

Star2&3&4: Competing Star2 or Star3 or Star4 for the 2025/26 season

Star5: Competing Star5 for the 2025/26 season

Star6+: Competing Star6-Gold for the 2025/26 season

Podium Pathway: Competing PreJuvenile-Senior for the 2025/26 season and attending the BC/YT Sectional Championships

### PowerSkate

No PowerSkate classes will be offered during Summer 2025

### Schedule Weeks 1-6

Rising Stars	Star1	Star2&3&4	Star5	Star6+ & Pathway
8:30am-8:50am Drop-off & Sign-in	8:00am-8:15am Drop-off & Sign-in	8:00am-8:15am Drop-off & Sign-in	7:15am-7:30am Skates on	7:15am-7:30am Skates on
8:50am-9:15am Grp Dryland WU	8:15am-8:30am Skates on	8:15am-8:30am Skates on	7:30am-7:45am Grp WU/Edge	7:30am-7:45am Grp WU/Edge
9:15am-9:30am Skates on	8:30am-8:45am Grp WU/FMs	8:30am-8:45am Grp WU/FMs	7:45am-8:00am Grp Spins	7:45am-8:00am Grp Spins
9:30am-10:15am Grp Clinic	8:45am-9:05am Grp Jump/Spin	8:45am-9:15am Grp Jump/Spin/Skills	8:00am-8:15am Grp Jumps	8:00am-8:15am Grp Jumps
10:15am-10:30am Skates off	9:05am-9:30am Break	9:15am-9:30am Skates off	8:15am-8:30am Grp Stroking	8:15am-8:30am Grp Stroking
10:30am-10:50am Break & Snack	9:30am-10:15am Grp Clinic	9:30am-9:55am Break & Snack	8:30am-8:45am Skates off	8:30am-8:45am Skates off
10:50am-11:30am Grp Dryland & Game	10:15am-10:30am Skates off	9:55am-10:15am Grp Dryland Tech	8:45am-9:15am Grp Dryland C&S	8:45am-9:15am Grp Dryland C&S
11:30am-11:45am Pick-up & Sign-out	10:30am-10:50am Break & Snack	10:15am-10:30am Skates on	9:30am-9:55am Grp Dryland Tech	9:30am-9:55am Grp Dryland Tech
	10:50am-11:30am Grp Dryland & Game	10:30am-10:40am Grp WU	9:55am-10:15am Break & Snack	9:55am-11:05am Break & Snack
	11:30am-11:45am Pick-up & Sign-out	10:40am-11:20am Grp Freeski	10:15am-10:30am Skates on	11:05am-11:20am Skates on
		11:20am-11:35am Skates off	10:30am-10:40am Grp WU	11:20am-11:25am WU
		11:35am-12:00noon Grp Dryland	10:40am-11:20am Grp Freeski	11:25am-12:10pm Freeski
		12:00noon-12:15pm Pick-up & Sign-out	11:35am-12:00noon Grp Dryland	12:10pm-12:30pm Dance/Skills/Spins
				12:30pm-12:45pm Skates off
				12:45pm-1:05pm Grp Dryland Stretch

### Schedule Week 7 (required for all skaters attending the BC/YT SS Summer Skate competition)

Star2&3&4&5	Star6+ & Pathway
8:00am-8:15am Drop-off & Sign-in	9:30am-10:00am Grp DL WU/Jumps
8:15am-8:45am Grp DL WU/Jumps	10:00am-10:15am Skates on
8:45am-9:00am Skates on	10:15am-10:20am WU
9:00am-9:10am Grp WU	10:20am-11:05am Freeski
9:10am-9:50am Grp Freeski	11:05am-11:15am Grp Clinic
9:50am-10:00am Grp Clinic	11:15am-11:30am Skates off
10:00am-10:15am Skates off	11:30am-12:00noon Grp DL Core/Stretch
10:15am-10:45am Grp DL Core/Stretch	
10:45am-11:00am Pick-up & Sign-out	