

**Glengarry Skating Club Fall23 & Winter24 Schedule (as of Aug 1, 2023) v3**  
**Monday, September 25, 2023 – Thursday, March 14, 2024**  
**No Sessions - Winter Break; Friday, December 15, 2023 - Monday, January 1, 2024**

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

CanSkate & PreCanSkate: Recommended - 2, Required - 1

Rising Stars & Star1: Recommended - 3, Required - 2; Must have completed Stage6 of CanSkate, or be invited to join

Star2&3: Recommended - 4, Required - 3; Competing Star2+, or passed Star 1 Freeski + Star1 Skills

Star3+: Recommended - 5, Required - 4; Competing Star3+, or passed Star2 Freeski - Elements & Program, + Star2 Skills

GSC Academy: Required - 5; Must be competing a minimum of Star5 Freeski + commit to all listed competitions and events throughout the course of the GSC core season (July - April)

Dance/Skills/Spins (D/S/S) (registered for separately): Academy; skaters are required to skate a minimum of one session per week (recommended two); Star3+ skaters have the option to register

Competition Simulations are held on Saturdays for ALL skaters at Star2+. These are for the benefit of the skaters and should be attended whether your skater is regularly scheduled for Saturday sessions or not.

	CanSkate & PreCanSkate	PowerSkate & AdultPower	Teen & Adult Skate	Rising Stars & Star1	Star2&3	Star3+	GSC Academy	Dance/Skills/Spins
<b>Monday</b> Flood: 2:15-2:30pm 3:45-4:00pm	4:00-4:30pm PreCanSkate 4:00-4:40pm CanSkate	No session	No session	No session	No session	5:10-5:20pm Grp Warmup 5:20-6:00pm Freeski 6:00-6:10pm Grp Clinic 6:25-6:55pm Grp Dryland	2:30-2:35pm Warmup 2:35-3:20pm Freeski 3:20-3:35pm Grp Clinic 3:35-3:45pm Grp Strokings	4:40-5:10pm D/S/S
<b>Tuesday</b> Flood: 2:15-2:30pm 3:45-4:00pm 4:45-5:00pm 7:30-7:45pm	5:00-5:30pm PreCanSkate 5:00-5:40pm CanSkate	No session	7:45-8:30pm AdultSkate	3:25-3:45pm Grp Dryland 3:45-4:00pm Skates on 4:00-4:10pm Grp Warmup 4:10-4:45pm Grp Clinic	4:55-5:25pm Grp Dryland 5:40-5:50pm Grp Warmup 5:50-6:20pm Freeski 6:20-6:30pm Grp Clinic	5:45-6:15pm Grp Dryland 6:30-6:40pm Grp Warmup 6:40-7:20pm Freeski 7:20-7:30pm Grp Clinic	2:30-2:35pm Warmup 2:35-3:20pm Freeski 3:20-3:35pm Grp Clinic 3:35-3:45pm Grp Strokings 4:00-4:40pm Grp Dryland	No session
<b>Wednesday (A)</b> Flood: 6:15-6:30am	No session	No session	No session	No session	7:00-7:10am Grp Warmup 7:10-7:50am Freeski 7:50-8:00am Grp Clinic	7:00-7:10am Grp Warmup 7:10-7:50am Freeski 7:50-8:00am Grp Clinic	No session	6:30-7:00am D/S/S
<b>Wednesday (B)</b> Flood: 2:15-2:30pm 4:15-4:30pm	No session	No session	No session	3:55-4:15pm Grp Dryland 4:15-4:30pm Skates on 4:30-4:40pm Grp Warmup 4:40-5:15pm Grp Clinic	No session	No session	3:00-3:05pm Warmup 3:05-3:50pm Freeski 3:50-4:05pm Grp Clinic 4:05-4:15pm Grp Strokings 4:30-5:10pm Grp Dryland	2:30-3:00pm D/S/S
<b>Thursday</b> Flood: 2:15-2:30pm 3:45-4:00pm 4:45-5:00pm 7:30-7:45pm	5:00-5:30pm PreCanSkate 5:00-5:40pm CanSkate	7:45-8:30pm PowerSkate 7:45-8:30pm AdultPower	No session	3:25-3:45pm Grp Dryland 3:45-4:00pm Skates on 4:00-4:10pm Grp Warmup 4:10-4:45pm Grp Clinic	4:55-5:25pm Grp Dryland 5:40-5:50pm Grp Warmup 5:50-6:20pm Freeski 6:20-6:30pm Grp Clinic	5:45-6:15pm Grp Dryland 6:30-6:40pm Grp Warmup 6:40-7:20pm Freeski 7:20-7:30pm Grp Clinic	2:30-2:35pm Warmup 2:35-3:20pm Freeski 3:20-3:35pm Grp Clinic 3:35-3:45pm Grp Strokings 4:00-4:40pm Grp Dryland	No session
<b>Friday</b> Flood: 2:15-2:30pm 3:45-4:00pm	No session	No session	No session	3:25-3:45pm Grp Dryland 3:45-4:00pm Skates on 4:00-4:10pm Grp Warmup 4:10-4:45pm Grp Clinic	4:25-4:35pm Grp Warmup 4:35-5:05pm Freeski 5:05-5:15pm Grp Clinic 5:30-6:00pm Grp Dryland	No session	2:30-2:35pm Warmup 2:35-3:20pm Freeski 3:20-3:35pm Grp Clinic 3:35-3:45pm Grp Strokings 4:00-4:40pm Grp Dryland	No session
<b>Saturday</b> Flood: 9:15-9:30am 11:15-11:30am	9:35-10:05am PreCanSkate 9:35-10:15am CanSkate	No session	No session	No session	10:15-10:25am Grp Warmup 10:25-10:55am Freeski 10:55-11:05am Grp Clinic <b>Oct7, Oct28, Nov18, Dec9</b> <b>Jan6, Jan20, Feb3 Feb24</b> 12:30-1:45pm Comp Sims <b>Oct21, Nov4, Dec2</b> <b>Jan13, Jan27, Feb17, Mar2</b>	10:15-10:25am Grp Warmup 10:25-11:05am Freeski 11:05-11:15am Grp Clinic <b>Oct21, Nov4, Dec2</b> <b>Jan13, Jan27, Feb17, Mar2</b> 12:30-1:45pm Comp Sims <b>Oct7, Oct28, Nov18, Dec9</b> <b>Jan6, Jan20, Feb3 Feb24</b>	No session 11:45-12:30pm Comp Sims	No session

**No Fall 2023 sessions:**

Sat, Sep 30 (National Day for Truth & Reconciliation)  
 Mon, Oct 9 (Thanksgiving)  
 Fri, Oct 13 (away at competition - SS Autumn Leaves - Chilliwack)  
 Sat, Oct 14 (away at competition - SS Autumn Leaves - Chilliwack)  
 Tue, Oct 31 (Halloween)  
 Sat, Nov 11 (Remembrance Day)  
 Fri, Nov 24 (away at competition - OK Interclub - Chase)  
 Sat, Nov 25 (away at competition - OK Interclub - Chase)  
 Fri, Dec 15 (Star6+ Assessments - Penticton)  
 Sat, Dec 16 (Winter Wonderland & Family Skate - Penticton)

**No Winter 2024 sessions:**

Mon, Jan 1 (New Year's Day)  
 Fri, Feb 9 (away at competition - OK Regional Championship - Armstrong)  
 Sat, Feb 10 (away at competition - OK Regional Championship - Armstrong)  
 Mon, Feb 19 (Family Day)  
 Fri, Mar 8 (away at competition - SS StarSkate Final - Kelowna)  
 Sat, Mar 9 (away at competition - SS StarSkate Final - Kelowna)  
 Fri, Mar 15 (Star6+ Assessments - Penticton)  
 Sat, Mar 16 (away at competition - Ogoogo - Penticton)

**Additional Competitions of Note:**

Nov 9-12, 2023 - SS Sectionals - Kelowna  
 Feb 22-25, 2024 - BC Games - Quesnel  
 \* - SS Sectionals & BC Games do not affect our regular scheduled ice times

**Competition Simulations**

Competition Simulations are held on Saturdays for ALL skaters at Star2+. These are for the benefit of the skaters and should be attended whether your skater is regularly scheduled for Saturday sessions or not.

**Star 2-3 12:30-1:45pm**  
 Oct21, Nov4, Dec2  
 Jan13, Jan27, Feb17, Mar2  
**Star 3+ 12:30-1:45pm**  
 Oct7, Oct28, Nov18, Dec9  
 Jan6, Jan20, Feb3 Feb24  
**GSC Academy 11:45-12:30pm**  
 All Saturdays with ice time