

Glengarry Skating Club QuickStar23 Schedule (as of Aug 1, 2023) v2

Monday, September 11, 2023 – Wednesday, September 20, 2023

No sessions Thursday September 20 - Saturday, September 23 as the Coaching Team is away at the BC/YT Super Series Fall competition

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

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 Freeskate + Star1 Skills

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

GSC Academy: Required - 5; Must be competing a minimum of Star5 Freeskate & 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

	Rising Stars & Star1	Star2&3	Star3+	GSC Academy	Dance/Skills/Spins
Monday Flood: 2:15-2:30pm	No session	No session	4:15-4:25pm Grp Warmup 4:25-5:05pm Freeskate 5:05-5:15pm Grp Clinic 5:30-6:00pm Grp Dryland	2:30-2:35pm Warmup 2:35-3:20pm Freeskate 3:20-3:35pm Grp Clinic 3:35-3:45pm Grp Strokings	3:45-4:15pm D/S/S
Tuesday Flood: 2:15-2:30pm 3:45-4:00pm 4:45-5:00pm	3:25-3:45pm Grp Dryland 3:45-4:00pm Skates on 4:00-4:10pm Grp Warmup 4:10-4:45pm Grp Clinic	4:15-4:45pm Grp Dryland 5:00-5:10pm Grp Warmup 5:10-5:40pm Freeskate 5:40-5:50pm Grp Clinic	5:05-5:35pm Grp Dryland 5:50-6:00pm Grp Warmup 6:00-6:40pm Freeskate 6:40-6:50pm Grp Clinic	2:30-2:35pm Warmup 2:35-3:20pm Freeskate 3:20-3:35pm Grp Clinic 3:35-3:45pm Grp Strokings 4:00-4:40pm Grp Dryland	No session
Wednesday (A) Flood: 6:15-6:30am	No session	7:00-7:10am Grp Warmup 7:10-7:50am Freeskate 7:50-8:00am Grp Clinic	7:00-7:10am Grp Warmup 7:10-7:50am Freeskate 7:50-8:00am Grp Clinic	No session	6:30-7:00am D/S/S
Wednesday (B) Flood: 2:15-2:30pm 4:15-4:30pm	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 Freeskate 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
Thursday Flood: 2:15-2:30pm 3:45-4:00pm 4:45-5:00pm	3:25-3:45pm Grp Dryland 3:45-4:00pm Skates on 4:00-4:10pm Grp Warmup 4:10-4:45pm Grp Clinic	4:15-4:45pm Grp Dryland 5:00-5:10pm Grp Warmup 5:10-5:40pm Freeskate 5:40-5:50pm Grp Clinic	5:05-5:35pm Grp Dryland 5:50-6:00pm Grp Warmup 6:00-6:40pm Freeskate 6:40-6:50pm Grp Clinic	2:30-2:35pm Warmup 2:35-3:20pm Freeskate 3:20-3:35pm Grp Clinic 3:35-3:45pm Grp Strokings 4:00-4:40pm Grp Dryland	No session
Friday Flood: 2:15-2:30pm 3:45-4:00pm	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 Freeskate 5:05-5:15pm Grp Clinic 5:30-6:00pm Grp Dryland	No session	2:30-2:35pm Warmup 2:35-3:20pm Freeskate 3:20-3:35pm Grp Clinic 3:35-3:45pm Grp Strokings 4:00-4:40pm Grp Dryland	No session
Saturday Flood: 9:15-9:30am 11:15-11:30am	No session	10:15-10:25am Grp Warmup 10:25-10:55am Freeskate 10:55-11:05am Grp Clinic Sep16	10:15-10:25am Grp Warmup 10:25-11:05am Freeskate 11:05-11:15am Grp Clinic Sep16	No session 11:45-12:30pm Comp Sims	No session