

Glengarry Skating Club QuickStart 2022 Schedule (as of Aug 4, 2022) v3

Monday, September 12, 2022 – Saturday, September 24, 2022

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

CanSkate: Recommended - 2, Required - 1

Star Academy: Recommended - 3, Required - 2; Must have completed Stage3 of CanSkate, and be invited to join

Primary StarSkate: Recommended - 4, Required - 3; Competing Star1-Star3 , or passed Stage 6 of CanSkate

Intermediate StarSkate: Recommended - 5, Required - 4; Competing Star4-Star5, or passed Star3 Freeskate Elements + Star3 Freeskate Program + Star4 Skills

Senior StarSkate: Recommended - 5, Required - 4; Competing Star6-Gold, or passed 35 Skate Canada StarSkate tests

Podium Pathway - PreJuvenile & Juvenile: Recommended - 5, Required - 4; Must attend the BC/YK SS Sectional Championship

Podium Pathway - PreNovice & Novice: Recommended - 6, Required - 5; Must attend the BC/YK SS Sectional Championship

Podium Pathway - Junior & Senior: Recommended - 7, Required - 6; Must attend the BC/YK SS Sectional Championship

	CanSkate & PreCanSkate	CanPowerSkate & AdultPowerSkate	Teen & Adult Skate	Star Academy	Primary StarSkate	Int/Sen StarSkate & Podium Pathway
Monday Flood: none	No session	No session	No session	No session	5:05pm-5:20pm Grp Warmup 5:20pm-6:00pm Freeskate 6:00pm-6:15pm Grp Clinic 6:30pm-7:00pm Grp Dryland	2:35pm-3:15pm Grp Dryland 3:30pm-3:35pm Warmup 3:35pm-4:20pm Freeskate 4:20pm-4:35pm Grp Clinic 4:35pm-4:55pm Dance/Skills 4:55pm-5:05pm Grp Stroking
Tuesday Flood: none	No session	No session	No session	No session	3:30pm-3:45pm Grp Warmup 3:45pm-4:25pm Freeskate 4:25pm-4:40pm Grp Clinic 4:55pm-5:25pm Grp Dryland	4:40pm-4:45pm Warmup 4:45pm-5:30pm Freeskate 5:30pm-5:45pm Grp Clinic 5:45pm-6:05pm Dance/Skills 6:05pm-6:15pm Grp Stroking
Wednesday (A) Flood: none	No session	No session	No session	No session	6:45am-7:00am Grp Warmup 7:00am-8:00am Freeskate	6:45am-7:00am Grp Warmup 7:00am-8:00am Freeskate
Wednesday (B) Flood: none	No session	No session	No session	No session	No session	3:30pm-3:35pm Warmup 3:35pm-4:20pm Freeskate 4:20pm-4:35pm Grp Clinic 4:35pm-4:55pm Dance/Skills 4:55pm-5:15pm Grp Edge Class 5:30pm-6:10pm Grp Dryland
Thursday Flood: none	No session	No session	No session	No session	3:30pm-3:45pm Grp Warmup 3:45pm-4:25pm Freeskate 4:25pm-4:40pm Grp Clinic 4:55pm-5:25pm Grp Dryland	4:40pm-4:45pm Warmup 4:45pm-5:30pm Freeskate 5:30pm-5:45pm Grp Clinic 5:45pm-6:05pm Dance/Skills 6:05pm-6:15pm Grp Stroking
Friday Flood: none	No session	No session	No session	No session	2:30pm-2:45pm Grp Warmup 2:45pm-3:25pm Freeskate 3:25pm-3:40pm Grp Clinic 3:55pm-4:25pm Grp Dryland	3:40pm-3:45pm Warmup 3:45pm-4:30pm Freeskate 4:30pm-4:45pm Grp Clinic 4:45pm-5:05pm Dance/Skills 5:05pm-5:15pm Grp Stroking 5:30pm-6:10pm Grp Dryland
Saturday Flood: none	No session	No session	No session	No session	10:30am-10:45am Grp Warmup 10:45am-11:25am Freeskate 11:25am-11:40am Grp Clinic Sep17	10:30am-10:35am Grp Warmup 10:35am-11:20am Freeskate 11:20am-11:40am Grp Edge Class Sep24