

**Glengarry Skating Club Fall21 & Winter22 Schedule (as of October 26, 2021) v7**  
**Monday, September 27, 2021 – Thursday, March 17, 2022**  
**No Sessions - Winter Break; Saturday, December 18, 2021 - Monday, January 3, 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 Freeski Elements + Star3 Freeski Program + Star3 Skills  
 Senior StarSkate: Recommended - 5, Required - 4; Competing Star6-Gold, or passed 35 Skate Canada StarSkate tests  
 PreJuvenile & Juvenile: Recommended - 5, Required - 4; Must attend the BC/YK SS Sectional Championship  
 PreNovice & Novice: Recommended - 6, Required - 5; Must attend the BC/YK SS Sectional Championship  
 Junior & Senior: Recommended - 7, Required - 6; Must attend the BC/YK SS Sectional Championship

	CanSkate & PreCanSkate	CanPowerSkate & AdultPowerSkate	AdultSkate	Star Academy	Primary StarSkate	Int/Sen StarSkate & CompetitiveSkate
<b>Monday</b> Flood: 3:55pm-4:10pm	3:55pm Doors 4:10pm-4:40pm PreCanSkate 4:10pm-4:50pm CanSkate	No session	No session	3:25pm Doors 3:40pm-4:00pm Dryland 4:10pm-5:05pm Grp Clinic	4:50pm Doors 5:05pm-5:20pm Grp Warmup 5:20pm-6:00pm Freeski 6:00pm-6:15pm Grp Clinic 6:30pm-7:00pm Dryland	1:15pm Doors 1:30pm-2:10pm Dryland 2:20pm-2:25pm Warmup 2:25pm-3:10pm Freeski 3:10pm-3:25pm Grp Clinic 3:25pm-3:45pm Dance/Skills 3:45pm-3:55pm Grp Stroking
<b>Tuesday</b> Flood: 4:40pm-4:55pm 7:25pm-7:40pm	4:40pm Doors 4:55pm-5:35pm PreCanSkate 4:55pm-5:35pm CanSkate	No session	7:25pm Doors 7:40pm-8:00pm Grp Clinic 8:00pm-8:30pm Freeski	4:10pm Doors 4:25pm-4:45pm Dryland 4:55pm-5:50pm Grp Clinic	3:15pm Doors 3:30pm-3:45pm Grp Warmup 3:45pm-4:25pm Freeski 4:25pm-4:40pm Grp Clinic	5:35pm Doors 5:50pm-5:55pm Warmup 5:55pm-6:40pm Freeski 6:40pm-6:55pm Grp Clinic 6:55pm-7:15pm Dance/Skills 7:15pm-7:25pm Grp Stroking
<b>Wednesday (A)</b> Flood: none	No session	No session	No session	No session	6:30am Doors 6:45am-7:00am Grp Warmup 7:00am-8:00am Freeski	6:30am Doors 6:45am-7:00am Grp Warmup 7:00am-8:00am Freeski
<b>Wednesday (B)</b> Flood: none	No session	No session	No session	No session	No session	3:15pm Doors 3:30pm-3:35pm Warmup 3:35pm-4:20pm Freeski 4:20pm-4:35pm Grp Clinic 4:35pm-4:55pm Dance/Skills 4:55pm-5:15pm Grp Edge Class 5:30pm-6:10pm Dryland
<b>Thursday</b> Flood: 4:40pm-4:55pm 7:25pm-7:40pm	4:40pm Doors 4:55pm-5:35pm PreCanSkate 4:55pm-5:35pm CanSkate	7:25pm Doors 7:40pm-8:30pm CanPowerSkate 7:40pm-8:30pm AdultPowerSkate	No session	4:10pm Doors 4:25pm-4:45pm Dryland 4:55pm-5:50pm Grp Clinic	3:15pm Doors 3:30pm-3:45pm Grp Warmup 3:45pm-4:25pm Freeski 4:25pm-4:40pm Grp Clinic	5:35pm Doors 5:50pm-5:55pm Warmup 5:55pm-6:40pm Freeski 6:40pm-6:55pm Grp Clinic 6:55pm-7:15pm Dance/Skills 7:15pm-7:25pm Grp Stroking
<b>Friday</b> Flood: none	No session	No session	No session	No session	2:15pm Doors 2:30pm-2:45pm Grp Warmup 2:45pm-3:25pm Freeski 3:25pm-3:40pm Grp Clinic 3:55pm-4:25pm Dryland	3:25pm Doors 3:40pm-3:45pm Warmup 3:45pm-4:30pm Freeski 4:30pm-4:45pm Grp Clinic 4:45pm-5:05pm Dance/Skills 5:05pm-5:15pm Grp Stroking 5:30pm-6:10pm Dryland
<b>Saturday</b> Flood: 9:15am-9:30am 12:15pm-12:30pm	9:20am Doors 9:35am-10:15am PreCanSkate 9:35am-10:15am CanSkate	No session	No session	9:20am Doors 9:35am-10:30am Grp Clinic 10:45am-11:05am Dryland	12:15pm Doors 12:30pm-12:45pm Grp Warmup 12:45pm-1:25pm Freeski 1:25pm-1:40pm Grp Clinic	10:15am Doors 10:30am-10:35am Warmup 10:35am-11:20am Freeski 11:20am-11:35am Grp Clinic 11:35am-11:55am Dance/Skills 11:55am-12:15pm Grp Edge Class

**No Fall 2021 sessions:**

Thu, Sep 30 (National Day for Truth & Reconciliation)  
 Mon, Oct 11 (Thanksgiving)  
 Fri, Oct 15 (away at competition - SS Autumn Leaves - Chilliwack)  
 Sat, Oct 16 (away at competition - SS Autumn Leaves - Chilliwack)  
 Thu, Nov 11 (Remembrance Day)  
 Fri, Nov 26 (away at competition - OK Interclub - Kamloops)  
 Sat, Nov 27 (away at competition - OK Interclub - Kamloops)  
 Sun, Dec 12 (Star6+ Assessments - Oliver)  
 Sat, Dec 18 (Winter Wonderland & Family Skate - Penticton)

**No Winter 2022 sessions:**

Fri, Feb 4 (away at competition - OK Regional Championship - Armstrong)  
 Sat, Feb 5 (away at competition - OK Regional Championship - Armstrong)  
 Mon, Feb 21 (Family Day)  
 Fri, Mar 4 (away at competition - SS StarSkate Final - Kelowna)  
 Sat, Mar 5 (away at competition - SS StarSkate Final - Kelowna)  
 Fri, Mar 18 (Star6+ Assessments - Penticton)  
 Sat, Mar 19 (away at competition - Ogoopogo - Penticton)

**Competition Simulations:**

(Regular CanSkate & Star Academy sessions, no Primary or Int/Sen/Comp sessions)  
 Sat, Oct 9 (for SS Autumn Leaves)  
 Sat, Nov 20 (for OK Interclub)  
 Sat, Jan 29 (for OK Regionals)  
 Sat, Feb 26 (for SS Final)

**Additional Competitions of Note:**

(Not included in the GSC Competition Program, and do not effect our ice times)  
 Nov 11-14, 2021 - SS Sectionals - Parksville  
 Dec 10-12, 2021 - WK Invitational - Castlegar  
 Jan 15-17, 2022 - CNCR Regionals - Williams Lake