

Glengarry Skating Club QuickStart 2021 Schedule (as of September 12, 2021) v2
Monday, September 13, 2021 – Saturday, September 25, 2021

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 + 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
Monday Flood: none	No session	No session	No session	No session	4:50pm Doors 5:05pm-5:20pm Grp Warmup 5:20pm-6:00pm Freeskate 6:00pm-6:15pm Grp Clinic 6:30pm-7:00pm Dryland	2:25pm Doors 2:40pm-3:20pm 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	3:15pm Doors 3:30pm-3:45pm Grp Warmup 3:45pm-4:25pm Freeskate 4:25pm-4:40pm Grp Clinic	4:25pm Doors 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	6:30am Doors 6:45am-7:00am Grp Warmup 7:00am-8:00am Freeskate	6:30am Doors 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	3:15pm Doors 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 Dryland
Thursday Flood: none	No session	No session	No session	No session	3:15pm Doors 3:30pm-3:45pm Grp Warmup 3:45pm-4:25pm Freeskate 4:25pm-4:40pm Grp Clinic	4:25pm Doors 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	2:15pm Doors 2:30pm-2:45pm Grp Warmup 2:45pm-3:25pm Freeskate 3:25pm-3:40pm Grp Clinic 3:55pm-4:25pm Dryland	3:25pm Doors 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 Dryland
Saturday Flood: 12:15pm-12:30pm	No session	No session	No session	No session	12:15pm Doors 12:30pm-12:45pm Grp Warmup 12:45pm-1:25pm Freeskate 1:25pm-1:40pm Grp Clinic	10:15am Doors 10:30am-10:35am Warmup 10:35am-11:20am Freeskate 11:20am-11:35am Grp Clinic 11:35am-11:55am Dance/Skills 11:55am-12:15pm Grp Edge Class