

## **Glengarry SC Spring 2023 Schedule**

**(v1 as of Feb 16, 2023)**

**Sessions at Okanagan Hockey Training Centre; April 24 - May 26**

**No sessions; May 29 - June 2**

**Sessions at Memorial Arena; June 5 - June 23**

### **Star Academy, StarSkate, Podium Pathway**

First day of skating; Mon, Apr 24

No sessions; Thu, May 11 (BCHL)

No sessions; Fri, May 12 (BCHL)

No sessions; Mon, May 22 (Victoria Day)

No sessions; Mon, May 29 (no ice)

No sessions; Tue, May 30 (no ice)

No sessions; Wed, May 31 (no ice)

No sessions; Thu, Jun 1 (no ice)

No sessions; Fri, Jun 2 (no ice)

Last day of skating; Fri, Jun 23

Star6+ Assessments; Fri, Jun 23 (4:00-7:00pm)

### **CanPowerSkate**

First day of CanPowerSkate; Wed, Apr 26

No CanPowerSkate session; Wed, May 31 (no ice)

Last day of CanPowerSkate; Wed, Jun 21

### **CanSkate & PreCanSkate**

First day of CanSkate; Mon, Apr 24

No CanSkate session; Thu, May 11 (BCHL)

No CanSkate session; Mon, May 22 (Victoria Day)

No CanSkate session; Mon, May 29 (no ice)

No CanSkate session; Tue, May 30 (no ice)

No CanSkate session; Thu, Jun 1 (no ice)

Last day of CanSkate; Thu, Jun 22

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

PreCanSkate (3&4 year olds): Recommended - 2, Required - 1

CanSkate (5+ years old): Recommended - 2, Required - 1

Star Academy: Recommended - 2, Required - 1; Must have completed Stage3 of CanSkate, and be invited to join

Primary StarSkate: Recommended - 3, Required - 2; Competing Star1-Star3 , or passed Stage 6 of CanSkate

Intermediate StarSkate: Recommended - 4, Required - 3; Competing Star4-Star5 (landed 1A), or passed Star3 Freeskate Elements + Star3 Freeskate Program + Star3 Skills

Senior StarSkate: Recommended - 4, Required - 3; 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 - 5, Required - 5; Must attend the BC/YK SS Sectional Championship

Junior & Senior: Recommended - 5, Required - 5; Must attend the BC/YK SS Sectional Championship

	<b>CanSkate &amp; PreCanSkate</b>	<b>CanPowerSkate</b>	<b>Star Academy</b>	<b>Primary StarSkate</b>	<b>Int/Sen StarSkate &amp; Pathway</b>
<b>Monday</b> 7:05-7:20pm Flood	5:15-5:45pm PreCanSkate 5:15-5:55pm CanSkate	No Session	4:40-5:00pm Group Dryland 5:15-6:10pm Group Circuits	5:10-5:40pm Group Dryland 5:55-6:10pm Group Warmup 6:10-6:50pm Freeskate 6:50-7:05pm Group Clinic	6:25-7:05pm Group Dryland 7:20-7:25pm Warmup 7:25-8:10pm Freeskate 8:10-8:25pm Group Clinic 8:25-8:45pm Dance & Skills & Spins
<b>Tuesday</b> 7:05-7:20pm Flood	5:15-5:45pm PreCanSkate 5:15-5:55pm CanSkate	No Session	4:40-5:00pm Group Dryland 5:15-6:10pm Group Circuits	5:10-5:40pm Group Dryland 5:55-6:10pm Group Warmup 6:10-6:50pm Freeskate 6:50-7:05pm Group Clinic	6:25-7:05pm Group Dryland 7:20-7:25pm Warmup 7:25-8:10pm Freeskate 8:10-8:25pm Group Clinic 8:25-8:45pm Dance & Skills & Spins
<b>Wednesday</b> 7:05-7:20pm Flood	No Session	5:15-5:55pm (ages 8-13)	No Session	5:10-5:40pm Group Dryland 5:55-6:10pm Group Warmup 6:10-6:50pm Freeskate 6:50-7:05pm Group Clinic	6:25-7:05pm Group Dryland 7:20-7:25pm Warmup 7:25-8:10pm Freeskate 8:10-8:25pm Group Clinic 8:25-8:45pm Dance & Skills & Spins
<b>Thursday</b> 7:05-7:20pm Flood	5:15-5:45pm PreCanSkate 5:15-5:55pm CanSkate	No Session	4:40-5:00pm Group Dryland 5:15-6:10pm Group Circuits	5:10-5:40pm Group Dryland 5:55-6:10pm Group Warmup 6:10-6:50pm Freeskate 6:50-7:05pm Group Clinic	6:25-7:05pm Group Dryland 7:20-7:25pm Warmup 7:25-8:10pm Freeskate 8:10-8:25pm Group Clinic 8:25-8:45pm Dance & Skills & Spins
<b>Friday</b>	No Session	No Session	No Session	6:30-6:45am Group Warmup 6:45-7:45am Freeskate	6:30-6:45am Group Warmup 6:45-7:45am Freeskate