

Glengarry Skating Club - Summer 2023 Schedule (v1 as of May 12, 2023)

All sessions to be held at McLaren Park Arena

July 3 - August 26, 2022 (Monday - Friday)

No sessions; Monday, August 7 (BC Day)

Star Academy, StarSkate, & Pathway

Week1; Mon Jul 3 - Fri Jul 7

Week2; Mon Jul 10 - Fri Jul 14

Week3; Mon Jul 17 - Fri Jul 21

Week4; Mon Jul 24 - Fri Jul 28

Week5; Mon Jul 31 - Fri Aug 4

Week6; Tue Aug 8 - Fri Aug 11

Week7; Mon Aug 14 - Fri Aug 18 (GSC club credit will be given to skaters who miss days due to BC/YT SS Summer Skate)

Week8; Mon Aug 21 - Thu Aug 24

BC/YT SS Summer Skate Competition; August 17-20 (Burnaby, BC)

* to attend the BC/YT Summer Skate competition skaters must skate the following minimum number of Summer 2023 weeks (including Week7):

- Star1-3; 3 weeks - Star4&5; 4 weeks - Star6+; 5 weeks - Pathway; 6 weeks

GSC Summer Star6+ Assessment Day; Friday, August 25 (8:00am-11:00am)

* skaters who are planning to do Skate Canada assessments must skate Week8

GSC Summer Team 'Chill-Out'; Friday, August 25 (8:00am-12:00noon)

*all StarA, StarSkate, & Pathway skaters who have participated in any Summer 2023 sessions are welcome to join us.

* Groupings are based on the following:

Star Academy: Must have completed Stage4 of CanSkate and/or be invited to join

Primary StarSkate: Competing Star1-Star3 , or passed Stage 6 of CanSkate

Intermediate StarSkate: Competing Star4-Star5, or passed the following Skate Canada tests: Star3 Freeskate-Program + Star3 Freeskate-Elements + Star4 Skills

Senior StarSkate: Competing Star6-Gold, or passed 35 Skate Canada StarSkate tests

Podium Pathway: Competing Juvenile-Senior and attending the BC/YT Sectional Championships

PowerSkate

No PowerSkate classes will be offered during Summer 2023

Star Academy		Primary StarSkate		Int/Sen StarSkate & Pathway		PowerSkate
8:40am-9:10am	Parent Sign-in	8:00am-8:15am	Grp Warmup (on-ice)	8:15am-8:40am	Grp Dryland (WU)	No PowerSkate classes will be offered during Summer 2023
9:10am-9:40am	Grp Dryland	8:15am-8:55am	Freeskate (Flags)	8:55am-9:00am	Warmup (on-ice)	
9:40am-9:55am	Snack (not provided)	8:55am-9:10am	Skates off	9:00am-9:55am	Freeskate	
9:55am-10:10am	Skates on	9:10am-9:40am	Grp Dryland	9:55am-11:00am	Break & Snack (not provided)	
10:10am-10:20am	Grp Warmup (on-ice)	9:40am-9:55am	Snack (not provided)	11:00am-11:15am	Grp Warmup & Field Moves	
10:20am-10:50am	Grp Circuit & Clinic	9:55am-10:10am	Skates on	11:15am-11:30am	Grp Jump Clinic	
10:50am-11:00am	Grp Strokings	10:10am-10:20am	Grp Warmup (on-ice)	11:30am-11:50am	Dance/Skills/Spins	
11:00am-11:15am	Skates off	10:20am-10:50am	Grp Clinics (x2)	11:50am-12:00noon	Grp Strokings	
11:15am-11:45am	Grp Dryland (Game)	10:50am-11:00am	Grp Strokings	12:15pm-1:00pm	Grp Dryland	
11:45am-12:00noon	Parent Sign-out	11:00am-11:15am	Skates off	1:00pm	End of Day	
12:00noon	End of Day	11:15am-11:45am	Grp Dryland (Game)			
		11:45am	End of Day			