

Glengarry SC Spring 2020 Schedule - ALL SESSIONS TO BE RUN AT OKANAGAN HOCKEY TRAINING CENTRE

(as of Jan 31, 2020)

Star Academy, StarSkate, Competitive Skate

First day of StarSkate; Tue, Apr 14
 No sessions; Thu, May 7
 No sessions; Wed, May 13
 No sessions; Mon, May 18
 Last day of StarSkate; Fri, Jun 12
 Test Day; Fri, Jun 12 (3pm-6pm)

Pond Hockey with CanPowerSkate

First day of Pond Hockey; Wed, Apr 15
 No Pond Hockey session; Wed, May 13
 Last day of Pond Hockey; Wed, Jun 10

Learn-to-Skate with CanSkate

First day of CanSkate; Tue, Apr 14
 No CanSkate session; Thu, May 7
 No CanSkate session; Mon, May 18
 Last day of CanSkate; Thu, Jun 12

	<u>Learn-to-Skate w CanSkate</u>	<u>Pond Hockey w CanPowerSkate</u>	<u>STAR Academy</u>	<u>Primary StarSkate</u>	<u>Int/Sr StarSkate & Competitive</u>
Monday 7:05-7:20pm Flood	5:15-5:55pm	No Session	4:45-5:05pm Group Dryland 5:15-5:45pm Circuits 5:45-6:10pm Group Lesson	5:15-5:45pm Group Dryland 5:55-6:10pm Warmup & Dance & Skills 6:10-6:50pm Freeskate 6:50-7:05pm Group Lesson	6:00-7:00pm Group Dryland 7:20-8:05pm Freeskate 8:05-8:25pm Group Lesson 8:25-8:45pm Dance & Skills
Tuesday 7:05-7:20pm Flood	5:15-5:55pm	No Session	4:45-5:05pm Group Dryland 5:15-5:45pm Circuits 5:45-6:10pm Group Lesson	5:15-5:45pm Group Dryland 5:55-6:10pm Warmup & Dance & Skills 6:10-6:50pm Freeskate 6:50-7:05pm Group Lesson	6:00-7:00pm Group Dryland 7:20-8:05pm Freeskate 8:05-8:25pm Group Lesson 8:25-8:45pm Dance & Skills
Wednesday 6:45-7:00pm Flood	No Session	5:15-6:00pm (ages 6-8) 6:00-6:45pm (ages 9-12)	No Session	No Session	6:00-6:45pm Group Dryland 7:00-7:45pm Freeskate 7:45-8:05pm Dance & Skills 8:05-8:30pm Edge Class
Thursday 7:05-7:20pm Flood	5:15-5:55pm	No Session	4:45-5:05pm Group Dryland 5:15-5:45pm Circuits 5:45-6:10pm Group Lesson	5:15-5:45pm Group Dryland 5:55-6:10pm Warmup & Dance & Skills 6:10-6:50pm Freeskate 6:50-7:05pm Group Lesson	6:00-7:00pm Group Dryland 7:20-8:05pm Freeskate 8:05-8:25pm Group Lesson 8:25-8:45pm Dance & Skills
Friday	No Session	No Session	No Session	6:15-6:35am Group Dryland 6:45-8:00am Freeskate	6:15-6:35am Group Dryland 6:45-8:00am Freeskate

*** Groupings are based on the following:**

Star Academy; must have completed Stage 3 of CanSkate, and be invited to join

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

Intermediate: Competing Star4-Star5, or passed the Skate Canada tests: Star 3 Free Program, Star 3 Free Elements, Star 3 Skills

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

Competitive: Competing PreJuvenile-Senior and attending the BC/YK Sectional Championships