

Glengarry SC Spring 2025 Schedule

(v2 as of 13 Mar 2025)

Sessions at Okanagan Hockey Training Centre; Tuesday, April 22 - Thursday, June 19

Rising Stars, StarSkate, Podium Pathway

First day of sessions; Tue, Apr 22
 No sessions; Thu, May 8 (BC Hockey)
 No sessions; Fri, May 9 (BC Hockey)
 No sessions; Mon, May 19 (Victoria Day)
 Last day of sessions; Thu, Jun 19
 Star6+ Assessments; Fri, Jun 20 (4:00-6:30pm)

PowerSkate

No PowerSkate will be offered during Spring 2025.

CanSkate

First day of CanSkate; Tue, Apr 22
 No CanSkate session; Thu, May 8 (BC Hockey)
 No CanSkate session; Mon, May 19 (Victoria Day)
 Last day of CanSkate; Thu, Jun 20

PreCanSkate

No PreCanSkate sessions will be offered during Spring 2025. If your skater is 3 or 4 years old and hasn't previously passed PreCanSkate please look again in August for our Fall 2025 registration.

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

CanSkate (5+ years old or passed PreCanSkate): Recommended - 2, Required - 1
 Rising Stars: Recommended - 3, Required - 2; Must have completed Stage3 of CanSkate, and be invited to join
 Star 1&2: Recommended - 3, Required - 2; Competing Star 1 or 2, or passed the Star 1 Freeskate
 Star 3&4: Recommended - 4, Required - 3; Competing Star 3 or 4, or passed both Star 3 Freeskate assessments
 Star 5+: Recommended - 4, Required - 3; Competing Star5+, or passed both Star5 Freeskate assessments
 Juvenile & PreNovice: Recommended - 5, Required - 4; Must attend the BC/YT Sectional Championship
 Novice & Junior & Senior: Recommended - 5, Required - 5; Must attend the BC/YT Sectional Championship

	CanSkate	Rising Stars	Star 1&2	Star 3&4	Star 5+ & Pathway
Monday 6:40-6:55pm Flood	5:20-6:00pm CanSkate	5:00-5:15pm Dryland 5:15-5:30pm Skates on 5:30-6:10pm Grp Circuits	6:00-6:10pm Grp Warmup 6:10-6:40pm Grp Freeskate 6:40-6:55pm Skates off 6:55-7:10pm Dryland	6:20-6:40pm Dryland 6:55-7:05pm Grp Warmup 7:05-7:45pm Grp Freeskate 7:45-7:55pm Grp Clinic	7:15-7:40pm Dryland 7:55-8:00pm Warmup 8:00-8:45pm Freeskate 8:45-9:00pm Grp Clinic
Tuesday 6:40-6:55pm Flood	5:20-6:00pm CanSkate	5:00-5:15pm Dryland 5:15-5:30pm Skates on 5:30-6:10pm Grp Circuits	6:00-6:10pm Grp Warmup 6:10-6:40pm Grp Freeskate 6:40-6:55pm Skates off 6:55-7:10pm Dryland	6:20-6:40pm Dryland 6:55-7:05pm Grp Warmup 7:05-7:45pm Grp Freeskate 7:45-7:55pm Grp Clinic	7:15-7:40pm Dryland 7:55-8:00pm Warmup 8:00-8:45pm Freeskate 8:45-9:00pm Grp Clinic
Wednesday 6:40-6:55pm Flood	5:20-6:00pm CanSkate	5:00-5:15pm Dryland 5:15-5:30pm Skates on 5:30-6:10pm Grp Circuits	6:00-6:10pm Grp Warmup 6:10-6:40pm Grp Freeskate 6:40-6:55pm Skates off 6:55-7:10pm Dryland	6:20-6:40pm Dryland 6:55-7:05pm Grp Warmup 7:05-7:45pm Grp Freeskate 7:45-7:55pm Grp Clinic	7:15-7:40pm Dryland 7:55-8:00pm Warmup 8:00-8:45pm Freeskate 8:45-9:00pm Grp Clinic
Thursday 6:40-6:55pm Flood	5:20-6:00pm CanSkate	5:00-5:15pm Dryland 5:15-5:30pm Skates on 5:30-6:10pm Grp Circuits	6:00-6:10pm Grp Warmup 6:10-6:40pm Grp Freeskate 6:40-6:55pm Skates off 6:55-7:10pm Dryland	6:20-6:40pm Dryland 6:55-7:05pm Grp Warmup 7:05-7:45pm Grp Freeskate 7:45-7:55pm Grp Clinic	7:15-7:40pm Dryland 7:55-8:00pm Warmup 8:00-8:45pm Freeskate 8:45-9:00pm Grp Clinic
Friday	No Session	No Session	No Session	No Session	6:30-6:45am Grp Warmup 6:45-7:45am Freeskate