

Glengarry Skating Club - Summer 2022 Schedule (v1 as of May 5, 2022)

All sessions to be held at McLaren Park Arena

July 4 - August 26, 2022 (Monday - Friday)

No sessions; Monday, August 1 (BC Day)

Star Academy, StarSkate, & Podium

Week1; Mon Jul 4 - Fri Jul 8

Week2; Mon Jul 11 - Fri Jul 15

Week3; Mon Jul 18 - Fri Jul 22

Week4; Mon Jul 25 - Fri Jul 29

Week5; Tue Aug 2 - Fri Aug 5

Week6; Mon Aug 8 - Fri Aug 12

Week7; Mon Aug 15 - Fri Aug 19

Week8; Mon Aug 22 - Thu Aug 25

BC/YK SS Summer Skate Competition; August 18-21 (Burnaby, BC)

GSC Summer Star6+ Assessment Day; Friday, August 26 (8:00am-11:00am)

GSC Summer Team 'Chill-Out'; Friday, August 26 (8:00am-1:00pm) *all StarA, StarSkate, & Podium skaters who have participated in any Summer 2022 sessions are welcome to join us.

CanPowerSkate

Week1; No class

Week2; No class

Week3; No class

Week4; No class

Week5; Tue Aug 2 - Fri Aug 5 (ages 7-10)

Week6; Mon Aug 8 - Fri Aug 12 (ages 10-13)

Week7; Mon Aug 15 - Fri Aug 19 (ages 7-10)

Week8; Mon Aug 22 - Thu Aug 25 (ages 10-13)

* 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 + Star3 Skills

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

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

Star Academy		Primary StarSkate		Int/Sen StarSkate & Podium		CanPowerSkate	
8:40am-9:10am	Parent Sign-in	8:00am-8:15am	Grp Warmup (on-ice)	8:15am-8:40am	Grp Dryland (WU)	7:00am-7:45am	CanPowerSkate
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 Stroking	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 Stroking		
11:15am-11:45am	Grp Dryland (Game)	10:50am-11:00am	Grp Stroking	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				