

SCARBORO FIGURE SKATING CLUB
Summer Session Schedule – Tuesday, July 2 to Friday, August 16th, 2019

SESSIONS: Qualifications as of June 1/19	Monday	Tuesday	Wednesday	Thursday	Friday
ICE DANCE – COMPETITIVE TEAMS ONLY NOVICE AND UP. ALL TIMES ARE SUBJECT TO CHANGE For more information contact Carol Lane at cjlane57@hotmail.com	9.15am-4.00pm	8.30 am –2:30 pm	9.15 am – 4.00 pm	8.00 am – 2:30 pm	7:30 am – 12.00noon
ICE DANCE – DANCE DEVELOPMENT PROGRAM SINGLE ICE DANCERS COMPETITIVE TEAMS PRE-NOVICE & BELOW Dance Development Skaters must have passed Jr Bronze/Star 4/5 Dances. Development program for skaters looking to improve their fitness, flexibility and skating skills with a view to competitive ice dance. Must have permission from base coach. Weeks 3-7 only	11.15am-12 noon Ballet 12.15pm-1.15pm On ice Session 1.45pm-2.45pm Dryland	N/A	11.15am-12 noon Ballet 12.15pm-1.15pm On ice Session 1.45pm-2.45pm Dryland	N/A	9.15am-10.30am On Ice *Open session incl.group class 10:30 -11:30am Dryland
FREESKATE 1 - ELITE Skaters must have passed Senior Bronze Freeskate, or all Jr Silver Dances, or Jr. Silver Skating Skills or be a member of any double jump club. Includes daily : 15 min. group class and 1 hr. dryland class	1.45pm-2.45pm Dryland 3.00pm-4.15pm Session/Class	1.30 - 2.45 pm Session/Stroking 3.00 - 4:00 pm Dryland	1.45pm-2.45pm Dryland 3.00pm-4.15pm Session/Class	1.30 - 2.45 pm Session/Stroking 3.00 - 4:00 pm Dryland	
FREESKATE 2 - OPEN Open to skaters Intermediate level & up, passed any 2 STAR tests AND Junior Free Skate 3 badge Includes daily 15 min. group class and 1 hr. dryland class	4.30pm-5.45pm Session/Stroking 6.00pm-7.00 pm Dryland	3.00 - 4:15pm Session/Stroking 4.30 - 5.30 pm Dryland	4.30pm-5.45pm Session/Stroking 6.00pm-7.00 pm Dryland	3.00 - 4.15 pm Session/Stroking 4.30 - 5.30 pm Dryland	
JUNIOR / SFSC ACADEMY LEVEL SKATERS* Junior level skaters must have passed Stage 5 Includes daily: 1 skills lesson, 1 group class 45 min dryland class *Academy level skaters <u>must</u> arrange for private coaching NO HOCKEY SKATES!	5:00 - 5.45pm Dryland 6:00 – 7:15pm Skills/Session/Class	N/A	5:00 - 5.45pm Dryland 6:00- 7:15 pm Skills/Session/Class	N/A	
CANSKATE / SFSC ACADEMY LEVEL SKATERS** Minimum age 4 years as of June 1, 2018 (includes professional group coaching & supervision) **no private coaching necessary	7.15 - 8.00pm Session	N/A	7.15 - 8.00 pm Session	N/A	
CANPOWERSKATE Skaters must have passed Stage 2 of the Canskate program and/or be able to skate the length of the ice and stop. Full CSA equipment must be worn	N/A:	N/A	8:15 – 9:00 pm Session	N/A	

NOTES : Test Days: Thurs, Aug 15th. 2019 To be eligible to take a test skaters must be registered for at least 4 sessions in Week 5- 8 for Aug Test day. No coach may register a skater on the test list if that skater is not already registered in the school. All fees must be paid in full prior to taking any tests. Club closed, Monday, August 5th 2019