

SCARBORO FIGURE SKATING CLUB
Summer Session Schedule – Tuesday, July 3 to Thursday, August 23, 2018

SESSIONS: Qualifications as of June 1/18	Monday	Tuesday	Wednesday	Thursday	Friday
ICE DANCE – COMPETITIVE TEAMS ONLY ALL TIMES ARE SUBJECT TO CHANGE	6:45 am – 2:30 pm	7:00 am – 2:30 pm	6:45 am – 2:30 pm	7:30 am – 2:30 pm	7:00 am – 11:30 am
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.	8:45 – 9:30 am Ballet 9:45 – 11:15 am On ice Session 11:30 – 12:30 Dryland	N/A	8:45 – 9:30 am Ballet 9:45 – 11:15 am On ice Session 11:30 – 12:30 Dryland	N/A	8:45- 10:00am On Ice 10:15 -11:15am Ballroom
FREESKATE 1 - ADVANCED Skaters must have passed a Competitive Freeski Test or Senior Bronze Freeski, or Jr Silver Dances, or Jr. Silver Skating Skills. Includes daily : 15 min. stroking and 1 hr dryland class	1.30 - 2.45 pm Session/Stroking 3.00 - 4:00 pm Dryland	1.30 - 2.45 pm Session/Stroking 3.00 - 4:00 pm Dryland	1.30 - 2.45 pm Session/Stroking 3.00 - 4:00 pm Dryland	1.30 - 2.45 pm Session/Stroking 3.00 - 4:00 pm Dryland	
FREESKATE 2 - OPEN Open to skaters working on Preliminary and Junior Bronze Tests/Star 1-5. Includes daily : 15 min. stroking and 1 hr dryland class	3.00 - 4.15 pm Session/Stroking 4.30 - 5.30 pm Dryland	3.00 - 4.15pm Session/Stroking 4.30 - 5.30 pm Dryland	3.00 - 4.15 pm Session/Stroking 4.30 - 5.30 pm Dryland	3.00 - 4.15 pm Session/Stroking 4.30 - 5.30 pm Dryland	
FREESKATE 3 - OPEN Open to skaters working on Preliminary and Junior Bronze Test/Star 1-5. Includes daily : 15 min. stroking and 1 hr dryland class	3.00 - 4:00 pm Dryland 4.30 – 5:45 pm Session/Stroking	N/A	3.00 - 4:00 pm Dryland 4.30 – 5.45 pm Session/Stroking	N/A	
JUNIOR / SFSC ACADEMY LEVEL SKATERS* Junior level skaters must have passed Stage 5 Includes daily: 1 skills lesson, 1 stroking session , 45 min dryland class *Academy level skaters <u>must</u> arrange for private coaching	5:00 - 5.45pm Dryland 6:00 – 7:15pm Skills/Session/Stroking	N/A	5:00 - 5.45pm Dryland 6:00- 7:15 pm Skills/Session/Stroking	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, July 26 & Thurs, Aug 23. To be eligible to take a test skaters must be registered for at least 4 sessions in Week 1- 4 for July Test Day, and 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 6th

Revised Schedule for Week 8

August 20 thru August 23



Monday & Wednesday

2:00 pm – 4:00 pm Ice Dance
 4:15 pm – 5:30 pm Freeski – Advanced
 5:45 pm – 7:00 pm Freeski – Open
 (Juniors may skate)
 7:15 pm – 8:00 pm Canskate
 8:15 pm – 9:00 pm Canpower (Wed only)

Tuesday

Thursday, Aug 23 – Test Day – no sessions
 12:15 pm – 1:45 pm Ice Dance
 2:00 pm – 3:15 pm Freeski Advanced
 3:30 pm – 4:45 pm Freeski Open