



Proposed Schedule 2018/2019 Season

SUNDAY

- 2:10 – 3:10pm Skills/Dance - GROUP Session Jr. Silver & Higher
- 3:10 – 3:20pm FLOOD
- 3:20 – 4:10 CanSkate Stage 1-6
- 3:25 – 4:10 Pre-CanSkate
- 4:10 – 5:10 Skills/Dance - GROUP Session STAR 3/4/5 & Sr Bronze
- 5:10 – 5:20 FLOOD
- 5:20 – 6:15 PINK - GROUP Session
- 6:15 – 7:00pm Beginner Synchro
 - Off-Ice Sessions available

MONDAY

- 6:45 – 8:00am Juvenile / Pre Novice Synchro
- 3:30 – 4:35pm BLUE Session
- 4:20 – 5:20pm GREEN Session
- 5:30 – 6:30pm ORANGE Session
 - Off-Ice Sessions available

TUESDAY

- 7:00 – 8:15am GREEN Session
- 3:30 – 5:00pm ORANGE Session
- 5:10 – 6:30pm BLUE Session

WEDNESDAY

- 6:45 – 8:15AM ORANGE Session
- 3:30 – 4:30pm PINK - GROUP Session
- 4:15 - 5:30pm GREEN Session
- 5:40 – 6:30pm CanSkate Stage 1-6
- 5:45 – 6:30pm PreCanSkate
 - Off-Ice Sessions available

THURSDAY

- 6:45 – 8:00am BLUE Session
- 3:30 – 4:35pm GREEN Session
- 4:15 – 5:20pm ORANGE Session
- 5:30 – 6:30pm PINK - GROUP Session
- 5:40 – 6:30pm Accelerated Canskate - Stage 5/6 *must be 2 session
 - Off-Ice Sessions available

FRIDAY

- 3:30 – 4:30pm ORANGE Session
- 4:30 – 5:30pm BLUE Session



SESSION CRITERIA

- PreCanSkate
- Learn to skate program for 3-5 year olds.
 - Must be 3 at time of registration
- CanSkate
- Learn to skate program for 5 year olds and older working on Stages 1-6.
- Accelerated CanSkate
- For skaters passed Stage 4 badge and higher
 - This session must be a second or third day option, in addition to one or two CanSkate sessions
- PINK
- Must be passed STAGE 6 CanSkate Badge
 - Working on Star 1-3 freeskate
 - All sessions will be taught in group format as per Skate Canada guidelines
 - No base coach required at this level
 - Off ice sessions are available and strongly encouraged
- BLUE
- Passed complete STAR 3 Freeskate and/or passed STAR 4 Skills and Dance
 - Off ice sessions are available and strongly encouraged
- GREEN
- Passed complete Sr. Bronze Freeskate and/or
 - Passed complete STAR 5 freeskate [Jr Bronze Freeskate] AND Sr Bronze Skills and/or Sr Bronze Dances
 - Off ice sessions are available and strongly encouraged
- ORANGE
- Passed complete STAR 5 freeskate [Jr Bronze Freeskate]
 - MUST be eligible to attend the 2019 Sectional Championships in November in PreJuvenile or higher event
 - Off-ice is mandatory - skaters must participate in a minimum of 2 sessions weekly. At least one off-ice session must be from what is offered by Silver Blades Skating Club [proof of off-ice participation outside the club's offerings will be required if skaters choose to do so]
 - Must skate a minimum of 4 ORANGE time slots to a maximum of the 5 that are offered plus skaters can add one other freeskate session from the Blue or Green group
- Group skills and dance session is available and skaters are encouraged to participate
- STAR 3,4,5 to Senior bronze skills/dance
- Must be working on Star 3 skills and dance up to and including SR Bronze skills and dance. This will be done in a rotational group format and coaching is included.
- Junior silver and higher skills/dance
- Must be passed SR Bronze skills and dances and working on junior silver and higher skills and dance. This will be done in a rotational group format and coaching is included.