



2020/2021 Skating Schedule

(Subject to be change based on direction from Civic Centre)

SUNDAY

2:10 – 3:25pm Pink – Group Sessions
3:25 – 3:55pm FLOOD
3:55 – 4:45pm CanSkate Stages 1-6
4:45 – 5:15pm FLOOD
5:15 - 6:30pm BLUE/GREEN Session

MONDAY

6:45 – 8:15am To Be Determined (Usually synchro ice)
3:45 – 5:15pm GREEN Session
5:15 – 5:35pm FLOOD
5:35 – 6:45pm ORANGE Session

TUESDAY

6:45 – 8:15am ORANGE Session
3:45 – 5:15pm PINK – Group Sessions
5:15 – 5:35pm FLOOD
5:35 – 6:45pm BLUE Session

WEDNESDAY

6:45 – 8:15AM BLUE/GREEN Session
3:45 – 5:15pm ORANGE Session
5:15 – 5:35pm FLOOD
5:40 – 6:30pm CanSkate Stages 1-6

THURSDAY

6:45-8:15am ORANGE Session
3:45 – 5:15pm BLUE Session
5:15 – 5:35pm FLOOD
5:35 – 6:45pm GREEN Session

FRIDAY

3:45 – 4:40pm ORANGE Session
4:40 - 4:50pm Flood
4:50 – 5:45pm OPEN DEVELOPMENT SESSION

Please Note:

1. Since we are unable to offer off-ice Yoga and Fitness Sessions at this time, skaters are encouraged to do their own at home.
2. Schedule may have to be altered for floods and cleaning depending on how Covid-19 develops in our province and with direction from Civic Centre management.

SILVER BLADES SKATING CLUB

SESSION CRITERIA 2020-2021

PLEASE NOTE:

1. To ensure your skater registers for the appropriate sessions, please discuss with your base coach prior to registration.
2. SBSC reserves the right to re-allocate skaters to more appropriate sessions to guarantee maximum use of ice time.
3. Any requests for sessions beyond each session criteria would be considered a special request.

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| PreCanSkate | <ul style="list-style-type: none"> • NOT BEING OFFERED FOR FALL BLOCK. ABILITY TO OFFER WILL BE REVIEWED PRIOR TO WINTER BLOCK. |
| CanSkate | <ul style="list-style-type: none"> • Learn to skate program for 5 year olds and older working on CanSkate Stages 1-6. Must be able to skate unassisted. |
| Accelerated CanSkate | <ul style="list-style-type: none"> • WILL BE OFFERED IF NUMBERS ALLOW AFTER INITIAL REGISTRATION • For skaters passed Stage 4 badge and higher • Must be registered for a minimum of one CanSkate session • This session will be a second or third day option |
| PINK | <ul style="list-style-type: none"> • Must have passed Stage 6 CanSkate Badge • Working on STAR 1-2 Freeskate • All sessions will be taught in group format as per Skate Canada guidelines • No base coach required at this level • Yoga and off-ice fitness at home are encouraged |
| BLUE | <ul style="list-style-type: none"> • Passed STAR 2 Elements and/or Program or higher • May register for Open Development Session on Fridays if working on Star 4 or higher • Yoga and off-ice fitness at home are encouraged |
| GREEN | <ul style="list-style-type: none"> • Passed complete STAR 3 Freeskate • Skaters Grade 7 and higher • May register for Open Development Session on Fridays if working on Star 4 or higher • Yoga and off-ice fitness at home are encouraged |
| ORANGE | <p>Competitive</p> <ul style="list-style-type: none"> • MUST be training to compete in competitive categories (PreJuvenile or higher) • Must register for the Open Development Session on Fridays • Yoga and off-ice fitness at home are expected • Must skate a minimum of 3 Orange sessions <p>STARSKATE</p> <ul style="list-style-type: none"> • Passed Complete Senior Silver Freeskate • Must skate a minimum of 3 Orange sessions • May register for the Open Development Session on Fridays • Yoga and off-ice fitness at home are encouraged |
| OPEN DEVELOPMENT | <ul style="list-style-type: none"> • Working on Star 4 or higher • Will include a variety of sessions such as: Simulations, Edge/Turn, Choreography, and other Challenges • Coaching included |

Reminder: To ensure your skater registers for the appropriate sessions, please discuss with your base coach prior to registration.

