

**Glengarry Skating Club - Summer 2024 Schedule (v1 as of May 02, 2024)**

All sessions to be held at McLaren Park Arena

Tuesday, July 2 - Friday, August 16, 2024 (Monday - Friday)

No sessions; Monday, July 1 (Canada Day) & Monday, August 5 (BC Day)

**Rising Stars, StarSkate, & Pathway**

Week1; Tue Jul 2 - Fri Jul 5

Week2; Mon Jul 8 - Fri Jul 12

Week3; Mon Jul 15 - Fri Jul 19

Week4; Mon Jul 22 - Fri Jul 26

Week5; Mon Jul 29 - Fri Aug 2

Week6; Tue Aug 6 - Fri Aug 9

Week7; Mon Aug 12- Fri Aug 16 (competition week for BC/YT SS Summer Skate)

BC/YT SS Summer Skate Competition; August 15-18 (Burnaby, BC)

\* to attend the BC/YT Summer Skate competition skaters must skate the following minimum number of Summer 2024 weeks (including Week7):

- Star4&5; 4 weeks - Star6+; 5 weeks - Pathway; 6 weeks

GSC Summer Star6+ Assessment Day; Friday, August 9 (1:00pm-3:30pm)

\* skaters who are planning to do Skate Canada assessments must skate Week6

\* Groupings are based on the following:

Rising Stars: Must have completed Stage3 of CanSkate and/or be invited to join

Star2&3: Competing Star2 or Star3 for the 2024/25 season

Star4&5: Competing Star4 or Star5 for the 2024/25 season, or passed the following Skate Canada tests: Star4 Freeskate-Program + Star4 Freeskate-Elem

Star6+: Competing Star6-Gold for the 2024/25 season, or passed the following Skate Canada tests: Star6 Freeskate-Program + Star6 Freeskate-Elements + Star6 Skills or Dance

Podium Pathway: Competing Juvenile-Senior for the 2024/25 season and attending the BC/YT Sectional Championships

**Schedule Weeks 1-6**

<b>Rising Stars &amp; Star1</b>	<b>Star2&amp;3</b>	<b>Star4&amp;5</b>	<b>Star6+ &amp; Pathway</b>
8:45am-9:05am Parent Sign-in	8:00am-8:15am Parent Sign-in	8:15am-8:35am Grp Dryland Warmup	7:25am-7:45am Grp Dryland Warmup
9:05am-9:35am Grp Dryland	8:15am-8:35am Grp Dryland Warmup	8:35am-8:50am Skates on	7:45am-8:00am Skates on
9:35am-9:50am Snack (not provided)	8:35am-8:50am Skates on (Coach help)	8:50am-9:00am Grp Warmup (on-ice)	8:00am-8:05am Warmup (on-ice)
9:50am-10:05am Skates on (Coach help)	8:50am-9:00am Grp Warmup (on-ice)	9:00am-9:40am Freeskate & Flags	8:05am-8:50am Freeskate
10:05am-10:15am Grp Warmup (on-ice)	9:00am-9:40am Freeskate & Flags	9:40am-9:50am Grp Strokings	8:50am-9:05am Skates off
10:15am-10:45am Grp Circuit & Clinic	9:40am-9:50am Grp Strokings	9:50am-10:05am Skates off	9:05am-10:05am Break
10:45am-10:55am Grp Strokings/Game	9:50am-10:05am Break & Snack (not provided)	10:05am-10:40am Dryland	10:05am-10:40am Dryland
10:55am-11:10am Skates off (Coach help)	10:05am-10:15am Grp Warmup (on-ice)	10:40am-10:55am Skates on	10:40am-10:55am Skates on
11:10am-11:45am Grp Dryland (Game)	10:15am-10:45am Grp Clinic x 2	10:55am-11:10am Grp WU/FM/EC	10:55am-11:10am Grp WU/FM/EC
11:45am-12:00noon Parent Pick-up	10:45am-10:55am Grp Strokings/Game	11:10am-11:30am Grp Clinic (Jumps/Spins)	11:10am-11:30am Grp Clinic (Jumps/Spins)
12:00pm End of Day	10:55am-11:10am Skates off (Coach help)	11:30am-11:50am Dance/Skills/Spins	11:30am-11:50am Dance/Skills/Spins
	11:10am-11:45am Grp Dryland (Game)	11:50am-12:00noon Grp Strokings	11:50am-12:00noon Grp Strokings
	11:45am-12:00noon Parent Pick-up	12:00noon-12:15pm Skates off	12:00noon-12:15pm Skates off
	12:00pm End of Day	12:15pm-12:45pm Grp DL Core & Stretch	12:15pm-12:45pm Grp DL Core & Stretch
		12:45pm End of Day	12:45pm End of Day

**Schedule Week 7 (required for all skaters attending the BC/YT SS Summer Skate competition)**

<b>Star4+ &amp; Pathway</b>
8:25am-8:45am Grp Dryland Warmup
8:45am-9:00am Skates on
9:00am-9:15am Grp Warmup (on-ice)
9:15am-10:15am Freeskate
10:15am-10:30am Grp Clinic
10:30am-10:45am Skates off
10:45am-11:15am Grp DL Core & Stretch
11:15am End of Day

**PowerSkate**

No PowerSkate classes will be offered during Summer 2024