

# HAMILTON SKATING CLUB

hamiltonskating.ca



STARSkate. Competitive, Junior Academy, Intro to Figure Skating Programs  
FALL: September 8-December 19  
Learn to Skate Programs (Parent & Tot; PreCanSkate, CanSkate, Teen/Adult)  
FALL September 14- December 20



No Session Substitution; No Credit or Refund for Missed Sessions; No Make-Up Sessions

| MONDAY                                                   | TUESDAY                                                         | WEDNESDAY                                                             | THURSDAY                                                                                         | FRIDAY                                                                           | SATURDAY                                                                                                                                                                            | SUNDAY                                                     |
|----------------------------------------------------------|-----------------------------------------------------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
|                                                          |                                                                 |                                                                       | TEAM TRAINING<br>THURSDAYS                                                                       |                                                                                  | STAR 5 - Gold<br>ON ICE 7:45- 8:45<br>OFF ICE 9:00-10:00                                                                                                                            | CANSKATE<br>Stage 2 - 6<br>9:30 -10:15                     |
| COMP<br>ON ICE 4:15-5:15<br>OFF ICE 5:30-6:30            | COMP<br>ON ICE 4:15-5:15<br>OFF ICE 5:30-6:30                   | COMP<br>ON ICE 4:15-5:15<br>OFF ICE 5:30-6:30                         | COMP TEAM<br>Group Session<br>ON ICE 4:15-5:15<br>OFF ICE 5:30-6:30<br>JUMP CLASS                | COMP<br>ON ICE 4:15-5:15<br>OFF ICE 5:30-6:30                                    | STAR 1 - 5<br>ON ICE 8:45-9:45<br>OFF ICE 10:00-11:00                                                                                                                               | Parent & Tot<br>PreCAN/<br>CANSKATE Stage 1<br>10:15-10:45 |
| FLOOD                                                    | Jr Academy                                                      | FLOOD                                                                 | FLOOD                                                                                            | FLOOD                                                                            | FLOOD                                                                                                                                                                               | FLOOD                                                      |
| CANSKATE<br>Stage 1 - 6<br>5:30 - 6:15                   | ON ICE 5:15-6:15<br>OFF ICE 6:30-7:15<br>FLOOD                  | Intro to Figure<br>Skating<br>ON ICE 5:30 - 6:30<br>OFF ICE 6:45-7:15 | STAR 1 - 5 TEAM<br>Group Session<br>ON ICE 5:30 - 6:30<br>OFF ICE 6:45-7:15<br>JUMP CLASS        | CANSKATE<br>Stage 1 - 6<br>5:30 - 6:15                                           | CANSKATE<br>Stage 2-6<br>10:00-10:45                                                                                                                                                | CANSKATE<br>Teen/Adult<br>CanSkate<br>11:00 -11:45         |
| STAR 1 - 5<br>ON ICE 6:15-7:15<br>OFF ICE 7:30-8:30      | CANSKATE<br>Stage 1 - 6<br>6:30 - 7:15                          | STAR 1 - 4<br>ON ICE 6:30-7:30<br>OFF ICE 7:45-8:30                   | Jr Academy<br>TEAM Group<br>Session<br>ON ICE 6:30-7:15<br>OFF ICE 7:30-8:00<br>JUMP CLASS       | Intro to Figure<br>Skating / Star 1-3<br>ON ICE 6:15 - 7:15<br>OFF ICE 7:30-8:00 | Parent & Tot<br>PreCAN/<br>CANSKATE Stage 1<br>10:45-11:15<br>FLOOD                                                                                                                 |                                                            |
| FLOOD                                                    | FLOOD                                                           | FLOOD                                                                 | FLOOD                                                                                            | FLOOD                                                                            | Parent & Tot<br>PreCAN/<br>CANSKATE Stage 1<br>11:30-12:00<br>Teen/Adult<br>CanSkate<br>12:00 - 12:45<br>FLOOD<br>COMP Group<br>Training<br>OFF ICE 11:30-12:45<br>ON ICE 1:00-2:30 |                                                            |
| STAR 5 - GOLD<br>OFF ICE 6:30-7:15<br>ON ICE 7:30 - 8:30 | STAR 5-Gold /<br>Adult<br>OFF ICE 6:30-7:15<br>ON ICE 7:30-8:30 | STAR 5 - GOLD<br>OFF ICE 6:30-7:30<br>ON ICE 7:45-8:45                | STAR 5 TO GOLD<br>TEAM<br>Group Session<br>JUMP CLASS<br>OFF ICE 6:30-7:15<br>ON ICE 7:30 - 8:30 | STAR 5-Gold /<br>Adult<br>OFF ICE 6:30-7:15<br>ON ICE 7:30 - 8:30                |                                                                                                                                                                                     |                                                            |
| STAR Open /<br>Adult<br>ON ICE 8:30 - 9:30               |                                                                 | STAR Open /<br>Adult<br>ON ICE 8:30-9:30                              | STAR Open /<br>Adult<br>ON ICE 8:30 - 9:30                                                       |                                                                                  |                                                                                                                                                                                     |                                                            |

## IMPORTANT NOTES

-**Competitive Skate:** Skaters competing Pre-Juvenile or higher. Minimum Jr Silver Freeskatte. Includes Pair and Dance  
-**Jr. Academy:** By invitation only. Skaters must skate the 2 Jr Academy sessions and are encouraged to skate a minimum of one additional Canskate or STARskate session each week. MUST be in figure skates.

## IMPORTANT DATES

**NO SKATING**  
Monday, September 7  
(Labour Day)  
Monday, October 12  
(Thanksgiving)

## TEST DAYS

**T.B.D.**

## CANSKATE

**DAYS**

**NO SKATING**  
Monday, October 12  
(Thanksgiving)  
Special Theme Days  
TBD