

2018/2019 FSC PROGRAM SCHEDULE

MONDAY

5:10-6:10 Junior STAR - **STAR 1-2**

5:25 -6:10 Group STAR

6:10 Set up CanSkate

6:15-7:00 CanSkate

6:30-7:00 PreCanSkate

Flood

7:10 -7:55 Intermediate STAR Freeskate – **STAR 3-5**

7:55-8:05 INT/SR Stroking – **STAR 3-10**

8:05- 8:15 INT/SR Skills/Dance – **STAR 3-10**(for skaters done gold skills – elements not full)

8:15-9:00 Senior STAR – **STAR 6-10** - Freeskate

WEDNESDAY

SetUP CanSkate

5:15-6:00 CanSkate

5:30-6:00 PreCanSkate

6:00- 6:30 PreCanPowerSkate

6:00 -6:20 ALL Star Jump/ flexibility Off Ice (focus on attendance JR/INT)

6:30-6:45 Junior STAR/ Intermediate STAR - Stroking – **STAR 1-5**

6:45-7:00 Junior STAR /Intermediate STAR Skills/ Dance – **STAR 1-5**

Flood

7:10- 7:40 Junior STAR FreeSkate – **STAR 1-2**

7:10-7:55 Intermediate STAR - Freeskate – **STAR 3-5**

7:40- 9:00 Senior STAR Open – **STAR 6-10**

THURSDAY (no change)

6:10-6:55 Junior STAR – **STAR 1-2**/Group STAR/Teen & Adult

6:55-8:00 Intermediate STAR – **STAR 3-5**- Open

6:55-8:00 Senior STAR – **STAR 6-10** – Open

SATURDAY

8:10- 8:30 STARSkate- **STAR 1-10** (combined Int/SR) Stroking /Warm up (Ben)

8:30-9:30 STARSkate – **STAR 1-10** (combined Jr/Int/SR) Open

9:30-10:00 Start To Skate

Flood

10:10-10:15 Setup CanSkate

10:15-11:00 CanSkate / Group STAR

11:00- 11:30 PreCanskate (private for CS/ GroupStar)

11:30-12:00 Start To Skate

