

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**
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
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 Group STAR/Teen & Adult
6:10-7:10 Junior STAR – **STAR 1-2**
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
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

