

Monday RFMS	Tuesday RFMS	Wednesday CBS Arena	Thursday CBS Arena	Friday CBS Arena	Saturday RFMS	Sunday CBS Arena	
4:00 – 4:50 Gold FS FS Fee + \$75 Group	4:00 – 5:00 Silver FS FS Fee + \$75 Group	4:00 – 4:50 Bronze Development FS Fee + \$125 Group	3:30 – 4:00 Gold/Silver Group	6:00 – 7:20 AM Open Freeski (Gold, Silver & Bronze) FS Fee	8:15 – 9:05 Elementary Synchro \$270	2:00 – 3:20 Gold FS FS Fee	
5:00 – 5:30 Gold Group	5:10 – 5:40 Silver & Gold Group	5:00 – 5:50 Academy CanSkate & Pre-Bronze Academy \$330 Pre-Bronze \$240	4:00 – 5:00 Gold/Silver FS FS Fee + \$75 Group	5:00 – 6:10 Gold/Silver FS FS Fee + \$75 Group	9:05 – 10:05 Pre-Novice Synchro \$270	3:30 – 4:15 CanSkate Pre-Can & Stage 1 \$160	
5:30 – 6:20 Gold FS 2 nd FS \$80	5:40 – 6:40 Gold FS FS Fee + \$75 Group	6:00 – 6:45 CanSkate Stages 1-6 \$160	5:10 – 5:55 Gold & Silver Spin Session FS Fee + \$100 Group	6:20 – 6:50 Gold/Silver/Silver/Bronze Group	10:15 – 10:50 Beginner 2 Synchro \$230	4:25 – 5:10 CanSkate Stages 2-6 \$160	
6:30 – 7:00 Silver Group	6:50 – 7:40 Bronze FS FS Fee + \$25 Group	6:55 – 7:45 Pre-Juvenile Synchro \$270	6:05 – 6:50 CanSkate Pre-Can & Stages 1-4 \$160	6:50 – 7:50 Silver/Bronze FS FS Fee + \$75 Group	10:50 – 11:05 Beginner 1 & 2 Synchro	5:20 – 6:10 Bronze FS FS Fee + \$75 Group	
7:00 – 7:50 Silver FS FS Fee + \$75 Group	7:40-7:50 Bronze Group	7:55 – 8:50 Intermediate Synchro \$500	7:00 – 7:50 Pre-Bronze \$240		11:05 – 11:40 Beginner 1 Synchro \$230	6:10 – 6:40 Bronze Silver Group	
	8:00 – 8:50 Juvenile Synchro \$270		8:00 – 8:50 Adult III Synchro \$230		11:50 – 1:05 Intermediate Synchro Incl.	6:50 – 7:50 Silver FS FS Fee + \$75 Group	
CanSkate: Open to all Learn-to-Skaters Academy CS: By invite only. Pre-Bronze: Passed CanSkate Stage 4. Bronze: Passed CanSkate Stage 6. Silver/Bronze: Passed CanSkate Stage 6 Silver: Passed Preliminary/STAR 3 FS Test Gold/Silver: Passed Junior Bronze/STAR 5 FS Test Gold: Passed at least one of the Snr Bronze FS Tests Synchro: Assigned level as per tryouts (April 2017). Group: Any session labeled as "Group" will be led by the club coaches and will be included in the cost of registration for the corresponding level session on that day.		STARSkate FS Fees* 1 session = \$540 2 sessions = \$710 3 sessions = \$845 4 sessions = \$960 5 sessions = \$1075 6 sessions = \$1190 7 sessions = \$1310 8 sessions = \$1425 Applicable Group Fees will be in addition to FS Fees and will be added upon checkout * FS Fees include Skate Canada & Skate NL fees		Learn to Skate <i>Refer to chart for specific fees</i> Discounts 2 nd CanSkate Session = \$130 2 nd Pre-Bronze = \$150 Additional Fees Skate Canada Fee \$35.65 Skate NL 50/50 \$20		STARSkate Additional Fees Private Coaching during FS sessions are the responsibility of the skater	
					1:15 – 1:25 Silver/Bronze Group	8:00 – 8:50 Adult I Synchro \$270	
					1:25 – 2:25 Silver/Bronze FS FS Fee + \$25 Group		
					2:35 – 3:50 Gold/Silver FS FS Fee		

OFF ICE SCHEDULE

Monday RFMS	Tuesday RFMS	Wednesday CBS Arena	Thursday CBS Arena	Friday CBS Arena	Saturday RFMS	Sunday CBS Arena
	7:00 – 7:50 Juvenile Off-ice <small>Incl.</small>	5:55 – 6:45 Pre-Juvenile Off-ice <small>Incl.</small>			8:05 – 8:55 am Pre-Novice Off-ice <small>Incl.</small>	1:00 – 1:45 pm Gold Off-ice <small>\$45.</small>
		6:00 – 6:45 Academy CanSkate & Pre-Bronze Off-ice <small>\$15.</small>			9:10 – 10:00 am Elementary Off-ice <small>Incl.</small>	4:25 – 5:10 pm Bronze Off-ice <small>\$35</small>
		6:45 – 7:45 Intermediate Off-ice <small>Incl.</small>			10:30 – 11:40 am Intermediate Off-ice <small>Incl.</small>	5:15-6:00 Silver Off-ice <small>\$45</small>
						7:00 – 7:50 pm Adult I Off-ice <small>Incl.</small>

STAR & Competitive Skate Session Descriptions

Bronze Development (Bronze STAR 1-3)

The bronze development session will allow our STAR 1 – 3 Level Skaters the chance to work on the fundamentals of skating in a group setting. During this sessions skater's will be divided into groups that will rotate through stations that are led by professional coaches and focus on things such as Skating Skills, Turns, Dance, Field Movements, Basic Spin Technique and Basic Jump Technique. The registration fee for this session covers the **ice time and coaching** for the entire session.

Spin Session (Silver & Gold)

The Spin session will give our Silver and Gold skaters an opportunity to work on their spins in a group setting. During this session led by our professional coach's skaters will be placed into groups based on level which will rotate through several stations that will cover all basic spin variations, technique, variations and much more. The registration fee for this session covers the **ice time and coaching** for the entire session.

Freestyle Sessions

During a session labeled as a Freestyle session skaters are overseen by their private coaches. It is up to each skater's coach how their lesson time and structure is organized. If you require assistance finding a private coach please contact us at cbskatingclub@hotmail.ca. The registration fees for these session covers the **ice time** for Freestyle. *(If there is a group session in conjunction with this Freestyle session the cost of this will be included as well. See below)*

Group Sessions

We are pleased to offer group sessions throughout the week for all STARSkate/Competitive levels. These sessions will be led by our club's professional coaches and will rotate through lesson topics that include Spin Technique, Jump Technique, Edge Development, Endurance, Building Power, Creative Expression and more. The registration fee for this session covers **ice time and coaching** and is included in the cost of the corresponding freestyle session for that day.