

Intermediate: Star 3-6 & Pre-Juvenile

<p><u>Sunday</u> Independent Warm Up 12:15-1:00 Free Skate 1:00-1:15 Group Development 1:25-2:00 Strength/Stretch</p>	<p><u>Monday</u> Independent Warm Up 3:30-4:00 Free Skate (+ 19PTS) 4:15-5:15 Free Skate 5:15-5:45 Group Development 6:00-7:00 Yoga for Figure Skaters, bring mat</p>	<p><u>Tuesday</u> Independent Warm Up 3:00-4:00 Free Skate (+ 19PTS) 4:00-4:30 Group Development 4:45-5:30 Free Skate 5:45-6:15 Off-Ice Jump/Spin TECH</p>
<p><u>Wednesday</u> Independent Warm Up 4:30-5:30 Free Skate (+ 19PTS) 5:30-5:45 Group Development 6:00-6:45 Free Skate</p>	<p><u>Thursday</u> Independent Warm Up 3:00-4:00 Free Skate (+ 19PTS) 4:15-5:15 Free Skate 5:15-5:30 Group Development</p>	<p><u>Friday</u> Independent Warm Up 3:00-4:00 Free Skate (+ 19PTS) 4:00-4:15 Group Development 4:30-5:30 Free Skate *5:45-6:45 Teddy-Bear Run Training</p>

**placement of skaters is subject to director approval
 **schedule subject to change

Senior: Star 7- 10, Gold & Juvenile – Senior Competitors

<p><u>Sunday</u> 9:00-9:45 Strength/Stretch 10:00-10:45 Free Skate 11:00-12:00 Free Skate</p>	<p><u>Monday</u> Day Ice - Independent Warm Up 1:30-2:30 Free Skate 2:45-3:15 Group Development 3:30-4:00 Free Skate 4:15-5:15 Yoga for Figure Skaters, bring mat</p> <p>Evening Ice - Independent Warm Up 3:30-4:00 Free Skate 4:15-5:15 Free Skate * 5:15-5:45 Group Development 6:00-7:00 Yoga for Figure Skaters, bring mat</p>	<p><u>Tuesday</u> Day Ice - Independent Warm Up 2:00-2:45 Free Skate 3:00-4:00 Free Skate 4:00-4:30 Group Development</p> <p>Evening Ice - Independent Warm Up 3:00-4:00 Free Skate 4:00-4:15 Group Development 4:30-5:30 Free Skate</p>
<p><u>Wednesday</u> Day Ice - Independent Warm Up 1:25-1:55 Off-Ice Jump/Spin TECH 2:00-2:45 Free Skate 3:00-4:00 Free Skate 4:00-4:15 Group Development</p> <p>Evening Ice- Independent Warm Up 3:00-4:00 Free Skate 4:00-4:15 Group Development 4:30-5:30 Free Skate 5:45-6:15 Off-Ice Jump/Spin TECH</p>	<p><u>Thursday</u> Day Ice - Independent Warm Up 1:15-2:15 Free Skate 2:30-3:00 Group Development 3:00-4:00 Free Skate 4:15-5:15 Fitness for Figure Skaters (Juvenile – Senior)</p> <p>Evening Ice- Independent Warm Up 3:00-4:00 Free Skate 4:15-5:15 Free Skate 5:15-5:30 Group Development</p>	<p><u>Friday</u> Day Ice - Independent Warm Up 2:00-2:45 Free Skate 3:00-4:00 Free Skate 4:00-4:15 Group Development</p> <p>Evening Ice - Independent Warm Up 3:00-4:00 Free Skate 4:00-4:15 Group Development 4:30-5:30 Free Skate 5:45-6:45 (Fitness training for skaters that cannot attend Thursday)</p>

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Membership and Ice Fees April – June 2019

Membership

Home Club Membership	\$125	Individual
September 1, 2018 - August 31, 2019	\$85 Per Child	Family Membership

Intermediate “A” Program Fees: (19+ Program Components Points)

Optional Payment Plan:		
3 Payments of \$250	\$300	April (4weeks)
Payment due the 15 th of: April, May, June	\$450	May/June (6 weeks)

*Associate and guests pay %50 more program fee

Intermediate “B” Program Fees: (Star 3, 4 & under 19 Program Components Points)

Optional Payment Plan:		
3 Payments of \$225	\$270	April (4weeks)
Payment due the 15 th of: April, May, June	\$405	May/June (6 weeks)

*Associate and guests pay %50 more program fees

Senior Program Fees: (Star 7- 10, Gold & Juvenile – Senior Competitors)

Optional Payment Plan:		
3 Payments of \$290	\$350	April (4weeks)
Payment due the 15 th of: April, May, June	\$525	May/June (6 weeks)

*Associate and guests pay %50 more program fees

Hourly & Drop in Rates:

Hourly Ice	\$16.00	Must be purchased on a monthly basis
Drop in	\$18.00	Must be purchased prior to going on ice

*Associate and guests pay %50 more program fees

Deposits Cheques:

Casino (May 31- June 1)	\$ 250.00	Cheque dated: June 1, 2019 *only cashed if “no show” at casino (details to follow)
Silent Auction Tickets	\$ 100.00	Cheque dated: April 20, 2019 *Silent Auction/Pub Night April 27, 2019 (details to follow)