

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		SATURDAY
	Ice Sports North Shore (ISNS)			Ice Sports North Shore (ISNS)			Ice Sports North Shore (ISNS)			Ice Sports North Shore (ISNS)			Ice Sports North Shore (ISNS)		
	RINK 3	RINK 1	OFF ICE	RINK 3	RINK 2		RINK 3	RINK 1	OFF ICE	RINK 3	RINK 2	OFF ICE	RINK 3	OFF ICE	
2:00	OPEN			OPEN			OPEN			OPEN			OPEN		
2:15	FREESKATE			FREESKATE			FREESKATE			FREESKATE			FREESKATE		
2:30	2:00 - 3:15 PM			2:00 - 3:15 PM			2:00 - 3:15 PM			2:00 - 3:15 PM			2:00 - 3:15 PM		
2:45															
3:00															
3:15	FLOOD		SEYMOUR ROOM	FLOOD		SEYMOUR ROOM	FLOOD		SEYMOUR ROOM	FLOOD		SEYMOUR ROOM	FLOOD	BASE FITNESS	
3:30	SILVER *2		TBA	SILVER *2/3/4		DRYLAND JUMPS	JUMPSTART/BRONZE		TBA	SENIOR DANCE		CS 1 - 6	COMPETITIVE	GOLD	
3:45	FREESKATE		COMPETITIVE	FREESKATE	SENIOR DANCE		3:30 - 4:15 PM			(JR BRONZE & UP)		3:45-4:30PM	FREESKATE	4:30 - 5:30 PM	
4:00	3:30 - 4:15 PM		3:45 - 4:30 PM	3:30 - 4:15 PM	(JR BRONZE & UP)					3:30 - 4:15 PM			3:30-4:30 PM		
4:15	JUMPSTART/BRONZE		SILVER *2/3/4 DANCE	SILVER *2/3/4 STEPS	SKILLS		COMPETITIVE	CS 1 - 6		COMPETITIVE			SILVER	SEYMOUR ROOM	
4:30	4:15 - 5:00 PM		3:45 - 4:30 PM	4:30-5:00	4:30-5:00		4:15-5:15 PM	4:15-5:00PM		4:15-5:00 PM			4:30-5:15PM	JUMPSTART	
4:45	FLOOD	PP & CP	SILVER *2/3/4	FLOOD				JUMPSTART / BRONZE		4:30-5:00PM		SEYMOUR ROOM	FREESKATE	4:45 - 5:15 PM	
5:00	FLOOD	4:45-5:30 PM	4:30 - 5:15 PM	FLOOD				CP		4:30-5:00PM		DRYLAND JUMPS	FREESKATE	4:45 - 5:15 PM	
5:15	COMPETITIVE		JUMPSTART/BRONZE	COMPETITIVE			SILVER *2	5:00-5:45PM		5:00-5:30PM			FLOOD		
5:30	FREESKATE		5:15 - 5:45 PM	FREESKATE			FREESKATE			FLOOD			JUMPSTART/BRONZE	SILVER *2/3/4	
5:45	5:15 - 6:00 PM	CS 1-6	5:15 - 5:45 PM	5:00 - 5:45PM			5:15-6:00PM			5:00-5:30PM			5:30 - 6:15 PM	5:30 - 6:30 PM	
6:00	SILVER *3/4		GOLD	COMP/GOLD SPINS			SILVER SPINS *2/3/4			5:45-6:30PM		SILVER *2/3/4	GOLD		
6:15	FREESKATE		5:45 - 6:30 PM	GOLD			FLOOD			6:15 - 7:00 PM			FREESKATE		
6:30	6:00-6:45			FREESKATE			SILVER *3/4						6:15-7:00PM		
6:45	FLOOD			OPEN SESSION			FREESKATE						SILVER*2/3/4		
7:00	GOLD			6:45 - 7:30 PM			6:30-7:15						6:45-7:30	OPEN SESSION	
7:15	FREESKATE						GOLD							7:00-7:45PM	
7:30	7:00 - 8:00 PM						7:30 - 8:30 PM								
7:45							FREESKATE								
8:00	STEPS						7:15 - 8:15 PM								

IMPORTANT DATES

MONDAY, APRIL 2	YES Regular skating on Easter Monday
FRIDAY, MAY 18	NO Regular Sessions
MONDAY, MAY 21	NO Regular Sessions
TUESDAY, JUNE 5	TEST DAY - 6:00pm - 7:30pm
TUESDAY, JUNE 5	TEST DAY - NO Regular GOLD Spin & GOLD Freeskate and NO Regular OPEN Session
FRIDAY, JUNE 8	VSC CLUB COMPETITION JUMPSTART & BRONZE
FRIDAY, JUNE 8	NO Regular JUMPSTART or BRONZE Sessions
SATURDAY, JUNE 9	VSC AWARDS CELEBRATION BANQUET

BRONZE = STAR 1

SILVER = STAR 2, 3, 4
 GOLD = STAR 5, 6, 7, 8, 9, 10, GOLD, PRE-JUVENILE
 COMPETITIVE = JUVENILE TO SENIOR (PROVINCIAL COMPETITORS)

OPEN Sessions / OPEN Freeskate = Bronze and Up. Exception 2pm OPEN FREESKATE requires Skating Director Approval

LESSON FEE STRUCTURE:

Freeskate, OPEN Sessions, COP, Soins, Drills, Dance, Skills - coaches will invoice direct to skater for coaching fees
 CAMP, STEPS and OFF Ice coaching fees are included in ice registration fees
 JUMPSTART & BRONZE Level - coaching fees are included in ice registration fees
ON & OFF ICE are MANDATORY for ALL JUMPSTART, BRONZE, SILVER, GOLD, COMPETITIVE LEVELS