

VANCOUVER SKATING CLUB

2018 SUMMER SCHEDULE

WEEK 2 through WEEK 7 - JULY 3 (TUESDAY) - AUGUST 10 (FRIDAY)

Additional Summer Schedules are posted for June 25 - June 29, August 13 - August 15 and Transition Schedule August 27 - August 31.

	MONDAY / WEDNESDAY		TUESDAY / THURSDAY		FRIDAY	
	RINK 3	OFF ICE	RINK 3	OFF ICE		OFF ICE
9:30			DANCE 9:30 AM - 10:15 AM		8:00	SILVER FREESKATE 8:00 AM - 9:00 AM
9:45					8:15	
10:00					8:30	
10:15	SILVER SPINS 10:15 - 10:30 AM		OPEN Freeskat/Skills SILVER & Up 10:15 AM - 11:00 AM		8:45	
10:30	SILVER FREESKATE 10:30 AM - 11:15 AM		SILVER STEPS 11:00 AM - 11:15 AM		9:00	FLOOD
10:45					9:15	COMPETITIVE FREESKATE 9:15 AM - 10:00 AM
11:00					9:30	SILVER 9:15 AM - 10:00 AM
11:15	FLOOD	SEYMOUR ROOM	FLOOD	STRENGTH SEYMOUR ROOM	9:45	
11:30	COMPETITIVE FREESKATE 11:30 AM - 12:15 PM	SILVER 11:30 AM - 12:00 PM	SILVER FREESKATE 11:30 AM - 12:15 PM	GOLD 11:45AM - 12:30 PM	10:00	GOLD/COMP SPINS 10:00 AM - 10:15 AM
11:45		GOLD 12:00 PM - 12:45 PM			10:15	GOLD FREESKATE 10:15 AM - 11:00 AM
12:00			COMPETITIVE FREESKATE 12:15 PM - 1:00 PM	SILVER 12:30 PM - 1:15 PM	10:30	
12:15	SILVER FREESKATE 12:15 PM - 1:00 PM	COMPETITIVE 12:45 PM - 1:30 PM	COMP/GOLD SPINS 1:00 PM - 1:15 PM		10:45	
12:30			FLOOD		11:00	FLOOD
12:45	GOLD FREESKATE 1:00 PM - 1:45 PM		GOLD FREESKATE 1:30 PM - 2:15 PM		11:15	COMPETITIVE FREESKATE 11:15 AM - 12:00 PM
1:00			COMPETITIVE/ GOLD STEPS 2:15 PM - 2:45 PM	STRENGTH BASE FITNESS	11:30	GOLD 11:15 AM - 12:00 PM
1:15	FLOOD		FLOOD	GOLD 3:30 PM - 4:30 PM (optional/additional fees)	11:45	
1:30	COMPETITIVE FREESKATE 2:00 PM - 2:45 PM		COMPETITIVE FREESKATE 3:00 PM - 4:00 PM	BASE FITNESS COMPETITIVE 5:00 PM - 6:00 PM (additional fees)	12:00	
1:45						
2:00	GOLD/COMP SPINS 2:45 PM - 3:00 PM		BRONZE / JUMPSTART CAMP 4:00 PM - 5:00 PM	BRONZE/JS 5:15 PM - 5:45 PM SEYMOUR ROOM		
2:15	GOLD FREESKATE 3:00 PM - 3:45 PM					
2:30						
2:45	FLOOD					
3:00	BRONZE / JUMPSTART CAMP - ON ICE 4:00 PM - 5:00 PM					
3:15						
3:30						
3:45						
4:00		BRONZE/JS 5:15 PM - 5:45 PM OFF ICE				
4:15						
4:30						
4:45						
5:00						
5:15						
5:30						
	GROUP START/END TIMES Monday & Wednesday		GROUP START/END TIMES Tuesday & Thursday			GROUP START/END TIMES Friday
	SILVER 10:15 AM - 1:00 PM		SILVER 11:00 AM - 1:15 PM			GOLD 10:00 AM -12:00 PM
	GOLD 12:00 PM - 3:45 PM		GOLD 11:45 AM - 2:45 PM			SILVER 8:00 AM -10:00AM
	COMPETITIVE 11:30 AM - 3:00 PM		COMPETITIVE 12:15 PM - 5:30 PM			COMPETITIVE 9:15 AM - 12:00 PM
	BRONZE/JUMPSTART 4:00 PM - 5:45 PM		BRONZE/JUMPSTART 4:00 PM - 5:45 PM			

IMPORTANT DATES

AUGUST 6 MONDAY - BC CIVIC HOLIDAY - YES REGULAR SKATING

AUGUST 2 THURSDAY - VSC TEST DAY

LESSON FEE STRUCTURE:

Freeskate, COP, Spins, 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

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)