

	MONDAY Ice Sports North Shore (ISNS)		TUESDAY Ice Sports North Shore (ISNS)		WEDNESDAY Ice Sports North Shore (ISNS)		THURSDAY Ice Sports North Shore (ISNS)			FRIDAY Ice Sports North Shore (ISNS)	
	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 3	OFF ICE	RINK 1	RINK 3	OFF ICE
2:00	PEAK/COMP FREESKATE 2:15-3:00pm		PEAK/COMP FREESKATE 2:15-3:00pm		PEAK/COMP FREESKATE 2:15-3:00pm		PEAK/COMP FREESKATE 2:15-3:00pm			PEAK/COMP FREESKATE 2:15-3:00pm	
3:00	OPEN SILVER & UP FREESKATE 2:45 - 3:30pm		OPEN SILVER & UP FREESKATE 2:45 - 3:30pm		OPEN SILVER & UP FREESKATE 2:45 - 3:30pm		OPEN SILVER & UP FREESKATE 2:45 - 3:30pm			OPEN SILVER & UP FREESKATE 2:45 - 3:30pm	
4:00	FLOOD KIMPS 3:45 - 4:30pm	COACH LEE GOLD 3:45 - 4:15PM	FLOOD GOLD 3:45-4:30		FLOOD GOLD 3:45-4:30	COACH DEVON GOLD 3:45 - 4:15PM	FLOOD GOLD 3:45 - 4:30pm		COACH DEVON COMP 3:45 - 4:15PM	OPEN FREESKATE SILVER 3:45 - 4:15PM	FLOOD COMP 3:45 - 4:30pm
5:00	COMP @ SPINS 4:30 - 4:45pm	GUEST COACH JUMPSTART/BRONZE OFF ICE 5:00 - 5:30PM	COMP @ SPINS 4:30 - 4:45pm	COACH LEE SILVER *2/3/4 5:00 - 5:30PM	COMP @ SPINS 4:30 - 4:45pm	GUEST COACH COMP 5:00 - 5:45PM	COMP @ SPINS 4:30 - 4:45pm	CANPOWER 4:15 - 5:00PM	CANPOWER 4:15 - 5:00PM	COMP @ SPINS 4:30 - 4:45pm	COMP @ SPINS 4:30 - 4:45pm
6:00	JUMPSTART/BRONZE ON ICE 5:45 - 6:30PM	SILVER *2 5:30 - 6:15PM	JUMPSTART/BRONZE ON ICE 5:45 - 6:30PM	BASE FITNESS TBA	JUMPSTART/BRONZE ON ICE 5:45 - 6:30PM	SILVER *2 5:45 - 6:15PM	JUMPSTART/BRONZE ON ICE 5:45 - 6:30PM	SILVER *2 5:45 - 6:15PM	SILVER *2 5:45 - 6:15PM	JUMPSTART/BRONZE ON ICE 5:45 - 6:30PM	JUMPSTART/BRONZE ON ICE 5:45 - 6:30PM
7:00	FLOOD SILVER *2 6:15 - 7:00PM	CANPOWER 5:30 - 6:15PM	FLOOD SILVER *2 6:15 - 7:00PM		FLOOD SILVER *2 6:15 - 7:00PM	SILVER *2 6:15 - 7:00PM	FLOOD SILVER *2 6:15 - 7:00PM	SILVER *2 6:15 - 7:00PM	SILVER *2 6:15 - 7:00PM	FLOOD SILVER *2 6:15 - 7:00PM	FLOOD SILVER *2 6:15 - 7:00PM
8:00	SILVER *2/3/4 SPINS 7:15 - 7:30PM		SILVER *2/3/4 SPINS 7:15 - 7:30PM		SILVER *2/3/4 SPINS 7:15 - 7:30PM		SILVER *2/3/4 SPINS 7:15 - 7:30PM			SILVER *2/3/4 SPINS 7:15 - 7:30PM	

**IMPORTANT DATES**

APRIL 19 - FRIDAY	EASTER FRIDAY - NO REGULAR SESSIONS
APRIL 22 - MONDAY	EASTER MONDAY - NO REGULAR SESSIONS
MAY 3 - FRIDAY	NO REGULAR SESSIONS
MAY 6 - MONDAY	SIMULATIONS 11:00AM - 1:00PM
MAY 17 - FRIDAY	NO REGULAR SESSIONS
MAY 20 - MONDAY	NO REGULAR SESSIONS
JUNE 5 - WEDNESDAY	NON STAR TESTS 5:45 - 8:15PM
JUNE 7 - FRIDAY	VSC CLUB COMPETITION (JUMPSTART/BRONZE)
JUNE 7 - FRIDAY	NO REGULAR JUMPSTART/BRONZE SESSIONS
JUNE 8 - SATURDAY	VSC AWARDS CELEBRATION BANQUET

**Colour scale:**

- JUMPSTART/BRONZE
- SILVER \*2
- SILVER \*3/4
- GOLD
- COMP (COMPETITIVE)
- SKILLS
- DANCE
- OPEN

**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 = All Levels except when stated SILVER & UP.**

**LESSON FEE STRUCTURE:**  
**Freeskate, OPEN Sessions, 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**