

STARSkate Session Schedule for 2018-2019

MONDAY - JUNIOR 2 AND INTERMEDIATE 1&2	
4:00pm -- 4:30pm	DANCE & SKILLS
4:30pm -- 5:30pm	FREESKATE
5:30pm -- 5:50pm	CONDITIONING /
	EDGES & TURNS - NOTE 1
6:00pm -- 6:45pm	OFF-ICE FOUNDATIONS
MONDAY - INTERMEDIATE 2 AND SENIOR 1&2	
5:00pm -- 5:45pm	ICE PREPARATION
6:00pm -- 6:30pm	DANCE & SKILLS
6:30pm -- 7:30pm	FREESKATE
7:30pm -- 7:50pm	CONDITIONING /
	EDGES & TURNS - NOTE 1
TUESDAY - INTERMEDIATE 2 AND SENIOR 1&2	
4:00pm -- 4:30pm	DANCE & SKILLS
4:30pm -- 5:40pm	FREESKATE
5:40pm -- 5:55pm	CONDITIONING - NOTE 1
5:55pm -- 6:10pm	THEATRE ON ICE /
	COOL DOWN - NOTE 1
TUESDAY - JUNIOR 1	
5:45pm -- 6:10pm	ICE PREPARATION
6:20pm -- 6:30pm	STROKING - NOTE 1
6:30pm -- 6:50pm	DANCE
6:50pm -- 7:30pm	FREESKATE
7:30pm -- 7:50pm	SKILLS
WEDNESDAY - INTERMEDIATE 2 AND SENIOR 1&2	
6:00pm -- 6:45pm	ICE PREPARATION
7:00pm -- 7:30pm	DANCE & SKILLS
7:30pm -- 8:30pm	FREESKATE
8:30pm -- 8:50pm	CONDITIONING /
	EDGES & TURNS - NOTE 1

THURSDAY - JUNIOR 2 AND INTERMEDIATE 1	
5:00pm -- 5:30pm	DANCE & SKILLS
5:30pm -- 6:30pm	FREESKATE
6:30pm -- 6:50pm	CONDITIONING /
	EDGES & TURNS - NOTE 1
7:00pm -- 7:45pm	OFF-ICE FOUNDATIONS
FRIDAY - OPEN (NO JUNIORS)	
7:00pm -- 7:50pm	OPEN
SATURDAY -- JUNIOR 1	
7:00am -- 7:20am	DANCE
7:20am -- 8:00am	FREESKATE
8:00am -- 8:20am	SKILLS
8:20am -- 8:30am	STROKING - NOTE 1
8:40am -- 9:25am	BALLET
SATURDAY - JUNIOR 2 AND INTERMEDIATE 1	
8:40am -- 9:00am	DANCE & SKILLS
9:00am -- 10:00am	FREESKATE
10:00am -- 10:10am	POWER - NOTE 1
10:20am -- 11:15am	BALLET
SATURDAY - INTERMEDIATE 2 AND SENIOR 1&2	
9:25am -- 10:10am	BALLET
10:20am -- 10:40am	DANCE & SKILLS
10:40am -- 11:40am	FREESKATE
11:40am -- 11:50am	POWER - NOTE 1
SUNDAY - INTERMEDIATE 1&2 AND SENIOR 1&2	
10:00am -- 10:45am	ICE PREPARATION
11:00am -- 12:20pm	OPEN
SUNDAY - JUNIOR 1&2	
1:30pm -- 1:40pm	STROKING - NOTE 1
1:40pm -- 1:55pm	DANCE
1:55pm -- 2:35pm	FREESKATE
2:35pm -- 2:50pm	SKILLS
3:00pm -- 3:45pm	OFF-ICE FOUNDATIONS

NOTE 1 - GROUP SESSION RUN BY MKSC BASE COACHES
FUNDED BY MKSC

