

**Glengarry Skating Club Fall24 & Winter25 Schedule (as of 13 September 2024) v6**  
**Monday, September 23, 2024 – Thursday, March 13, 2025**  
**No Sessions - Winter Break; Friday, December 20, 2024 - Sunday, January 5, 2025**

**Minimum Weekly Session & Level Requirements (non-Academy skaters in Grade 12 may skate one day less than the required minimums)**

CanSkate & PreCanSkate: Recommended - 2, Required - 1

Rising Stars & Star1: Recommended - 3, Required - 2; Must have completed Stage4 of CanSkate, or be invited to join

Star2-4: Recommended - 4, Required - 3; Competing Star2 to Star4, or passed Star 1 Freeskate + Star1 Skills

Star4+: Recommended - 5, Required - 4; Competing Star4+, or passed Star4 Freeskate - Elements & Program, + Star4 Skills

GSC Academy: Required - all core sessions; Must be competing a minimum of Star6 Freeskate & commit to all listed competitions and events throughout the course of the GSC core season (July - April)

Dance/Skills/Spins (D/S/S) (registered for separately): Academy; skaters are required to skate a minimum of 2 sessions/week (recommended 3); Star4+ skaters are required to skate a minimum of 1 session/week (recommended 2)

	CanSkate & PreCanSkate	Teen & Adult PowerSkate	Teen & Adult Skate	Rising Stars & Star1	Star2-4	Star4+	GSC Academy	Dance/Skills/Spins
<b>Monday (A)</b> Flood: 6:30-6:45am	No session	No session	No session	No session	No session	No session	6:45-7:00am Warmup 7:00-7:45am Freeskate 7:45-8:00am Grp Clinic <b>No class Oct7, Nov25 Feb10, Mar3</b>	No session
<b>Monday (B)</b> Flood: 2:00-2:15pm 3:20-3:35pm 4:20-4:35pm	4:35-5:05pm PreCanSkate 4:35-5:15pm CanSkate	No session	No session	3:35-3:45pm Grp Warmup 3:45-4:20pm Grp Clinic 4:20-4:35pm Skates off 4:35-5:00pm Grp Dryland	5:15-5:25pm Grp Warmup 5:25-6:05pm Grp Freeskate 6:05-6:15pm Grp Clinic 6:15-6:30pm Skates off 6:30-7:00pm Grp Dryland	2:15-2:25pm Grp Warmup 2:25-3:05pm Freeskate 3:05-3:20pm Grp Clinic 3:35-4:15pm Grp Dryland	* 2nd session 2:15-2:25pm Grp Warmup 2:25-3:05pm Freeskate 3:05-3:20pm Grp Clinic 3:35-4:15pm Grp Dryland	No session
<b>Tuesday</b> Flood: 2:00-2:15pm 3:30-3:45pm 4:30-4:45pm 6:25-6:40pm	4:45-5:15pm PreCanSkate 4:45-5:25pm CanSkate	No session	7:45-8:30pm Teen&Adult	3:45-3:55pm Grp Warmup 3:55-4:30pm Grp Clinic 4:30-4:45pm Skates off 4:45-5:10pm Grp Dryland	5:25-5:35pm Grp Warmup 5:35-6:15pm Grp Freeskate 6:15-6:25pm Grp Clinic 6:25-6:40pm Skates off 6:40-7:10pm Grp Dryland	5:45-6:25pm Grp Dryland 6:40-6:50pm Grp Warmup 6:50-7:30pm Freeskate 7:30-7:45pm Grp Clinic	2:15-2:20pm Warmup 2:20-3:05pm Freeskate 3:05-3:20pm Grp Clinic 3:20-3:30pm Grp Strokings 3:45-4:30pm Grp Dryland	No session
<b>Wednesday (A)</b> Flood: 6:10-6:25am	No session	No session	No session	No session	No session	7:00-7:10am Grp Warmup 7:10-7:50am Freeskate 7:50-8:00am Grp Clinic	* 2nd session 7:00-7:10am Grp Warmup 7:10-7:50am Freeskate 7:50-8:00am Grp Clinic	6:25-6:30am Warmup 6:30-7:00am D/S/S
<b>Wednesday (B)</b> Flood: 2:00-2:15pm 3:15-3:30pm	No session	No session	No session	3:30-3:40pm Grp Warmup 3:40-4:15pm Grp Clinic 4:15-4:30pm Skates off 4:30-4:55pm Grp Dryland	4:15-4:25pm Grp Warmup 4:25-5:05pm Grp Freeskate 5:05-5:15pm Grp Clinic 5:15-5:30pm Skates off 5:30-6:00pm Grp Dryland	No session	2:15-2:20pm Warmup 2:20-3:05pm Freeskate 3:05-3:15pm Grp Strokings 3:30-4:15pm Grp Dryland	No session
<b>Thursday</b> Flood: 2:00-2:15pm 3:30-3:45pm 4:30-4:45pm 6:25-6:40pm	4:45-5:15pm PreCanSkate 4:45-5:25pm CanSkate	7:45-8:30pm Teen&Adult	No session	3:45-3:55pm Grp Warmup 3:55-4:30pm Grp Clinic 4:30-4:45pm Skates off 4:45-5:10pm Grp Dryland	5:25-5:35pm Grp Warmup 5:35-6:15pm Grp Freeskate 6:15-6:25pm Grp Clinic 6:25-6:40pm Skates off 6:40-7:10pm Grp Dryland	5:45-6:25pm Grp Dryland 6:40-6:50pm Grp Warmup 6:50-7:30pm Freeskate 7:30-7:45pm Grp Clinic	2:15-2:20pm Warmup 2:20-3:05pm Freeskate 3:05-3:20pm Grp Clinic 3:20-3:30pm Grp Strokings 3:45-4:30pm Grp Dryland	No session
<b>Friday</b> Flood: 2:15-2:30pm	No session	No session	No session	No session	No session	4:10-4:20pm Grp Warmup 4:20-5:00pm Freeskate 5:00-5:15pm Grp Clinic 5:30-6:10pm Grp Dryland	2:30-2:35pm Warmup 2:35-3:20pm Freeskate 3:20-3:35pm Grp Edge *2nd session 4:10-4:20pm Grp Warmup 4:20-5:00pm Freeskate 5:00-5:15pm Grp Clinic	3:35-3:40pm Warmup 3:40-4:10pm D/S/S
<b>Saturday</b> Flood: 9:15-9:30am 11:55-12:10pm	9:35-10:05am PreCanSkate 9:35-10:15am CanSkate	No session	No session	No session	10:50-11:00am Grp Warmup 11:00-11:40am Freeskate 11:40-11:55am Grp Clinic <b>No class Sep28, Nov16, Feb1, Feb22</b>	10:50-11:00am Grp Warmup 11:00-11:40am Freeskate 11:40-11:55am Grp Clinic <b>No class Sep28, Nov16, Feb1, Feb22</b>	No session 12:15-1:15pm Comp Sims	10:15-10:20am Warmup 10:20-10:50am D/S/S <b>No class Sep28, Nov16, Feb1, Feb22</b>

**No Fall 2024 sessions:**

Mon, Sep 30 (National Day for Truth & Reconciliation)  
 Fri, Oct 4 (away at competition - SS Autumn Leaves - Chilliwack)  
 Sat, Oct 5 (away at competition - SS Autumn Leaves - Chilliwack)  
 Mon, Oct 14 (Thanksgiving)  
 Thu, Oct 31 (Halloween)  
 Mon, Nov 11 (Remembrance Day)  
 Fri, Nov 22 (away at competition - OK Interclub - Kamloops)  
 Sat, Nov 23 (away at competition - OK Interclub - Kamloops)  
 Fri, Dec 20 (Star6+ Assessments - Penticton)  
 Sat, Dec 21 (Winter Wonderland & Family Skate - Penticton)

**No Winter 2025 sessions:**

Thu, Feb 6 (away at competition - OK Regional Championship - Penticton)  
 Fri, Feb 7 (away at competition - OK Regional Championship - Penticton)  
 Sat, Feb 8 (away at competition - OK Regional Championship - Penticton)  
 Mon, Feb 17 (Family Day)  
 Thu, Feb 27 (away at competition - SS StarSkate Final & Adult - Kelowna)  
 Fri, Feb 28 (away at competition - SS StarSkate Final & Adult - Kelowna)  
 Sat, Mar 1 (away at competition - SS StarSkate Final & Adult - Kelowna)  
 Fri, Mar 14 (Star6+ Assessments - Penticton)  
 Sat, Mar 15 (away at competition - Ogoopogo - Penticton)

**Additional Competitions of Note:**

Nov 7-10, 2024 - SS Sectionals - Parksville  
 \* - SS Sectionals does not affect our regular scheduled ice times

**Competition Simulations**

**GSC Academy**

12:15-1:15pm All Saturdays with sessions

**Star1 & higher skaters**

10:30am-12:15pm The following dates if the skater is entered to compete:

Sat, Sep 28 SS Autumn Leaves  
 Sat, Nov 16 Okanagan Interclub  
 Sat, Feb 1 Okanagan Regional Championship  
 Sat, Feb 22 SS StarSkate Final & Adult