

Glengarry Skating Club QuickStart24 Schedule (as of 07 July 2024) v2
Wednesday, September 4, 2024 – Friday, September 6, 2024; ACADEMY ONLY
Monday, September 9, 2024 - Saturday, September 21, 2024; ALL GROUPS

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

Rising Stars & Star1: Recommended - 3, Required - 2; Must have completed Stage3 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)

	Rising Stars & Star1	Star2-4	Star4+	GSC Academy	Dance/Skills/Spins
Monday (A) Flood: 6:30-6:45am	No session	No session	No session	6:45-7:00am Warmup 7:00-7:45am Freeskate 7:45-8:00am Grp Clinic	No session
Monday (B) Flood: 2:00-2:15pm 3:20-3:35pm	3:35-3:45pm Grp Warmup 3:45-4:20pm Grp Clinic 4:20-4:35pm Skates off 4:35-5:00pm Grp Dryland	4:20-4:30pm Grp Warmup 4:30-5:10pm Grp Freeskate 5:10-5:20pm Grp Clinic 5:20-5:35pm Skates off 5:35-6:10pm 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
Tuesday Flood: 2:00-2:15pm 3:30-3:45pm 4:30-4:45pm	3:45-3:55pm Grp Warmup 3:55-4:30pm Grp Clinic 4:30-4:45pm Skates off 4:45-5:10pm Grp Dryland	4:45-4:55pm Grp Warmup 4:55-5:35pm Grp Freeskate 5:35-5:45pm Grp Clinic 5:45-6:00pm Skates off 6:00-6:30pm Grp Dryland	5:45-5:55pm Grp Warmup 5:55-6:35pm Freeskate 6:35-6:50pm Grp Clinic 7:05-7:45pm Grp Dryland	2:15-2:20pm Warmup 2:20-3:05pm Freeskate 3:05-3:20pm Grp Clinic 3:20-3:30pm Grp Stroking 3:45-4:30pm Grp Dryland	No session
Wednesday (A) Flood: 6:15-6:30am	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
Wednesday (B) Flood: 2:00-2:15pm 3:15-3:30pm	3:30-3:40pm Grp Warmup 3:40-4:15pm Grp Clinic 4:15-4:30pm Skates off 4:45-5:10pm 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 Stroking 3:30-4:15pm Grp Dryland	No session
Thursday Flood: 2:00-2:15pm 3:30-3:45pm 4:30-4:45pm 6:25-6:40pm	3:45-3:55pm Grp Warmup 3:55-4:30pm Grp Clinic 4:30-4:45pm Skates off 4:45-5:10pm Grp Dryland	4:45-4:55pm Grp Warmup 4:55-5:35pm Grp Freeskate 5:35-5:45pm Grp Clinic 5:45-6:00pm Skates off 6:00-6:30pm Grp Dryland	5:45-5:55pm Grp Warmup 5:55-6:35pm Freeskate 6:35-6:50pm Grp Clinic 7:05-7:45pm Grp Dryland	2:15-2:20pm Warmup 2:20-3:05pm Freeskate 3:05-3:20pm Grp Clinic 3:20-3:30pm Grp Stroking 3:45-4:30pm Grp Dryland	No session
Friday Flood: 2:15-2:30pm	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 D/S/S 3:40-4:10pm D/S/S
Saturday Flood: 10:00-10:15am 11:55-12:10pm	No session	10:50-11:00am Grp Warmup 11:00-11:40am Freeskate 11:40-11:55am Grp Clinic	10:50-11:00am Grp Warmup 11:00-11:40am Freeskate 11:40-11:55am Grp Clinic	No session 12:15-1:15pm Comp Sims	10:15-10:20am D/S/S 10:20-10:50am

Competition Simulations

GSC Academy

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