

BSC Ice Schedule 2019-2020

Monday

| Time | Intro STARSkate 5:00pm - 5:45pm | STARSkate (full time) 3:45pm – 4:55 pm | STARSkate (REC) 3:55 pm – 4:55 pm | PreCan & CanSkate 5:00 pm – 5:45 pm |
|---------------------------------|---|--|--|---|
| Practice Time on the Ice/Day | 45 mins | 75 mins | 65 mins | 45 mins |
| 3:45 | | Warm Up & Private Lessons 3:45 - 4pm | | |
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| | | | Individual Warm Up | |
| 4:00 | | Group lesson 4:00- 4:30 Misty | Group lesson 4:00- 4:30 Misty | |
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| | | Individual Practice & Private/Semi-Private Lessons | Individual Practice & Private/Semi Private Lessons | |
| 4:30 | | | | |
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| 4:55 | | Canskate Set Up | Canskate Set Up | |
| 5:00 | Skates with CanSkate Monday OR Thursday (registration option to skate both Canskate program times) | Program Assistant Support with PreCan and CanSkate programs | Program Assistant Support with PreCan and CanSkate programs | Learn to Skate Programs PreCan & CanSkate |
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| | | | | |
| 5:45 | FLOOD | FLOOD | FLOOD | FLOOD |

Wednesday

| Time | Intro STARKate 4:25 pm -5:30pm | STARSkate (full time) 3:45 pm – 6:45 pm | STARSkate (REC) 5:40 pm– 6:45 pm | PreCan & CanSkate | |
|------------------------------|-----------------------------------|---|--|-------------------|---|
| Practice Time on the Ice/Day | 65 mins | 130 mins | 65 mins | 0 mins | |
| 3:45 | | Individual Warm Up | | | |
| 3:50 | | | | | |
| 3:55 | | | | | |
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| 4:25 | IntroSTAR Individual Warm Up | Individual Practice & Private/Semi Private Lessons (Freeskate Solos, Interpretive Solos, Skills, Coach Assessed Tests) | | | |
| 4:30 | Group Lesson 4:30 – 5:00 pm | | | | |
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| | Individual Practice | | | | Skaters break as needed; sign off the ice |
| | | | | | |
| 5:25 | | | | | |
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| 5:40 | | Individual Rec STAR Warm Up | | | |
| 5:45 | | Group lesson 5:45-6:15 pm Corinna | | | |
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| 6:15 | | Individual Practice & Private/Semi Private Lessons | Individual Practice & Private/Semi Private Lessons | | |
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| FLOOD @ 6:45 | | | | | |

Thursday

| Time | Intro STARSkate 4:00pm -4:45pm | STARSkate (full time) 3:45 pm – 6:45 pm | STARSkate (REC) 4:55 pm – 6:00pm | PreCan & CanSkate 4:00 pm – 4:45 pm |
|---------------------------------|--|--|--|---|
| Practice Time on the Ice/Day | 45 mins | 130 mins | 65 mins | 45 mins |
| 3:45 | | Individual Warm Up | | |
| 3:50 | | | | |
| 3:55 | | 3:55-5:45 pm | | |
| 4:00 | Skate with Canskate Monday or Thursday (option for 2 CanSkate days a week in registration) | Program Assistant with PreCan and CanSkate | Program Assistant with PreCan and CanSkate | Learn to Skate Programs PreCan & CanSkate |
| 4:10 | | | | |
| 4:20 | | | | |
| 4:30 | | | | |
| 4:40 | | | | |
| 4:45 | | | | |
| 4:50 | | | | |
| 4:55 | | | Individual Rec STAR Warm Up | |
| 5:00 | | Group lesson 5:00 - 5:30 pm Misty | Group lesson 5:00 - 5:30 pm Misty | |
| 5:10 | | | | |
| 5:20 | | | | |
| 5:30 | | Individual Practice & Private/Semi Private Lessons | Individual Practice & Private/Semi Private Lessons | |
| 5:40 | | | | |
| 5:50 | | | | |
| 6:00 | | | | |
| 6:15 | | | | |
| 6:20 | | | | |
| 6:25 | | | | |
| 6:30 | | | | |
| 6:35 | | | | |
| 6:40 | | | | |
| FLOOD @ 6:45 | | | | |

Friday

| Time | Intro STARSkate | STARSkate (full time) 3:45 pm – 5:45 pm | STARSkate (REC) | PreCan & CanSkate |
|------------------------------|-----------------|--|-----------------|-------------------|
| Practice Time on the Ice/Day | 0 mins | 120 mins | 0 mins | 0 mins |
| 3:45 | | Warm Up 3:45 – 3:50 pm | | |
| 3:50 | | 3:50 – 5:45 pm Individual Practice & Private/Semi Private Lessons (Freeskate Solos, Interpretive Solos, Skills, Coach Assessed Tests) Skaters break as needed; sign off the ice | | |
| 3:55 | | | | |
| 4:00 | | | | |
| 4:05 | | | | |
| 4:10 | | | | |
| 4:15 | | | | |
| 4:20 | | | | |
| 4:25 | | | | |
| 4:30 | | | | |
| 4:35 | | | | |
| 4:40 | | | | |
| 4:45 | | | | |
| 4:50 | | | | |
| 5:40 5:45 pm FLOOD | | | | |

- STAR
 -
 - 565 minutes (9.4 hours)
 - \$600/session
 - Fundraising required
- Rec STAR
 - 190 (3.1 hours)
 - \$400/session
 - Fundraising required
- IntroSTAR
 - 105 mins (once a week CanSkate; 1.8 hours) or 150 mins (twice a week CanSkate; 2.4 hrs)
 - \$340/session
 - No fundraising required
- Precan/CanSkate
 - Monday = \$150/session and/or
 - Thursday = \$170/session
 - No fundraising required