



2020/2021 FALL/WINTER STARSKATE SCHEDULE

*See below for class descriptions.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
STARSKATE SR/INT	STARSKATE SR/INT	STARSKATE SR/INT	STARSKATE SR/INT	STARSKATE SR/INT	STARSKATE SR/INT
3:45-4:00PM: SPINS CLASS 4:00-4:45PM: PRIVATE LESSONS 4:45-5:00PM: SKILLS/DANCE CLASS 5:00-5:15PM: STROKING 5:25-5:55PM: OFF ICE	3:45-4:00PM: SPINS CLASS 4:00-5:00PM: PRIVATE LESSONS 5:00-5:30PM: SKILLS/DANCE CLASS 5:40-6:25PM: OFF ICE	4:00-5:00PM: PRIVATE LESSONS 5:00-5:15PM: STROKING 5:25-5:55PM: OFF ICE	4:30-5:00PM: SKILLS/DANCE CLASS 5:00-5:15PM: SPINS CLASS 5:15-6:15PM: PRIVATE LESSONS 6:25-7:10PM: OFF ICE	12:15-12:30PM: SPINS CLASS 12:30-1:30PM: PRIVATE LESSONS 1:30-1:45PM: SKILLS/DANCE CLASS 1:45-2:00PM: STROKING 2:15-3:00PM: OFF ICE	4:00-5:00PM: VIRTUAL JUMP CLASS
STARSKATE JR/INT	STARSKATE JR/INT	STARSKATE JR/INT	STARSKATE JR/INT	STARSKATE JR/INT	STARSKATE JR/INT
4:15-4:45PM: OFF ICE 5:00-5:15PM: STROKING 5:15-6:00PM: PRIVATE LESSONS	5:00-5:30PM: SKILLS/DANCE CLASS 5:30-6:15PM: PRIVATE LESSONS 6:30-7:15PM: OFF ICE	4:00-5:00PM: PRIVATE LESSONS 5:00-5:15PM: STROKING 5:25-5:55PM: OFF ICE	3:45-4:30PM: PRIVATE LESSONS 4:30-5:00PM: SKILLS/DANCE CLASS 5:15-6:00PM: OFF ICE	12:15-12:30PM: SPINS CLASS 12:30-1:30PM: PRIVATE LESSONS 1:30-1:45PM: S/D CLASS 1:45-2:00PM: STROKING 2:15-3:00PM: OFF ICE	4:00-5:00PM: VIRTUAL JUMP CLASS



Note: STAR 1-5 skaters should be skating 2-5 days per week. Star 6+/Competitive should be skating 4-5 days per week. Off Ice classes are mandatory.

Level Clarification

Junior: Star 1 and 2

Intermediate: Passed Star 3 and working on Axel

Senior: Passed Star 4+ or Pre-Juvenile+

Private Lessons

Skaters will receive semi-private or private lessons that are scheduled by the Skating Director. Skaters are grouped according to level and will vary throughout the season as skaters progress. When skaters are not in a private or semi private lesson, they are required to practice their skills effectively.

Stroking

During stroking classes, skaters work on posture, speed, technique, and knee bend. Each class will have a focus of either Power, Cardio, Strength, Performance, or Edges.

Group

Skaters in group classes will be working on spins, skills and dance and will be grouped according to level passed. Prior to competition, simulations will also be scheduled to give skaters the opportunity to perform their solo on clear ice, in front of their peers and spectators.

Off Ice

Mandatory for all STARSkaters, off ice classes will focus on jump technique, fitness, dance, goal-setting, and mindfulness. Off ice training is an integral part of a skater's development and is considered just as valuable as an on ice session.