



## 2020/2021 FALL/WINTER STARSKATE ZOOM SCHEDULE (Oct-Mar)

\*See below for class descriptions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY	SUNDAY
<b>STARSKATE SR/INT</b>	<b>STARSKATE SR/INT</b>	<b>STARSKATE SR/INT</b>	<b>STARSKATE SR/INT</b>	<b>STARSKATE SR/INT</b>	<b>STARSKATE SR/INT</b>
<b>3:45-4:00PM:</b> SPINS CLASS  <b>4:00-4:45PM:</b> PRIVATE LESSONS  <b>4:45-5:00PM:</b> SKILLS/DANCE CLASS  <b>5:00-5:15PM:</b> STROKING  <b>6:00-6:30PM:</b> OFF ICE ZOOM	<b>3:45-4:00PM:</b> SPINS CLASS  <b>4:00-5:00PM:</b> PRIVATE LESSONS  <b>5:00-5:30PM:</b> SKILLS/DANCE CLASS  <b>7:00-7:45PM:</b> OFF ICE ZOOM	<b>4:00-5:00PM:</b> PRIVATE LESSONS  <b>5:00-5:15PM:</b> STROKING  <b>6:00-6:30PM:</b> OFF ICE ZOOM	<b>4:30-5:00PM:</b> SKILLS/DANCE CLASS  <b>5:00-5:15PM:</b> SPINS CLASS  <b>5:15-6:15PM:</b> PRIVATE LESSONS  <b>7:00-7:45PM:</b> OFF ICE ZOOM	<b>12:15-12:30PM:</b> SPINS CLASS  <b>12:30-1:30PM:</b> PRIVATE LESSONS  <b>1:30-1:45PM:</b> SKILLS/DANCE CLASS  <b>1:45-2:00PM:</b> STROKING  <b>3:30-4:15PM:</b> OFF ICE ZOOM	<b>10:00-11:00AM</b> : ZOOM JUMP CLASS *NO CHARGE
<b>STARSKATE JR/INT</b>	<b>STARSKATE JR/INT</b>	<b>STARSKATE JR/INT</b>	<b>STARSKATE JR/INT</b>	<b>STARSKATE JR/INT</b>	<b>STARSKATE JR/INT</b>
<b>5:00-5:15PM:</b> STROKING  <b>5:15-6:00PM:</b> PRIVATE LESSONS  <b>6:45-7:15PM:</b> OFF ICE ZOOM	<b>5:00-5:30PM:</b> SKILLS/DANCE CLASS  <b>5:30-6:15PM:</b> PRIVATE LESSONS  <b>7:00-7:45PM:</b> OFF ICE ZOOM	<b>4:00-5:00PM:</b> PRIVATE LESSONS  <b>5:00-5:15PM:</b> STROKING  <b>6:45-7:15PM:</b> OFF ICE ZOOM	<b>3:45-4:30PM:</b> PRIVATE LESSONS  <b>4:30-5:00PM:</b> SKILLS/DANCE CLASS  <b>7:00-7:45PM:</b> OFF ICE ZOOM	<b>12:15-12:30PM:</b> SPINS CLASS  <b>12:30-1:30PM:</b> PRIVATE LESSONS  <b>1:30-1:45PM:</b> S/D CLASS  <b>1:45-2:00PM:</b> STROKING  <b>3:30-4:15PM:</b> OFF ICE ZOOM	<b>10:00-11:00AM</b> : ZOOM JUMP CLASS *NO CHARGE

\*Subject to change without notice\*



**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.

**Skaters are permitted to attend as many Zoom off-ice classes as they wish.**

### **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 via ZOOM**

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. **Skaters are permitted to attend as many Zoom off-ice classes as they wish.**

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