

STARSkate Schedule
2023/2024 Season (Spring)



Monday	Tuesday	Wednesday
STARSkate Jr/Int/Sr (3:45-6:10 pm) 3:45-3:55 pm Dryland warmup 4:00-4:15 pm Spins 4:15-5:00 pm Freeskate 5:00-5:15 pm Group Development 5:25-6:10 pm Off Ice Jump and Fitness	STARSkate Jr/Int/Sr (4:45-6:00 pm) 4:45-4:55 Dryland warm up 5:00-5:45 Free Skate 5:45- 6:00 Skills and Dance Group	STARSkate Jr/Int/Sr (3:45-5:55 pm) 3:45-3:55 pm Dryland warmup 4:00-4:15 pm Spins 4:15-5:00 pm Freeskate 5:00-5:15 pm Group Development 5:25-5:55 pm Off Ice-Dance
Thursday	Friday	Saturday
STARSkate Jr/Int/Sr (4:15-6:30 pm) 4:15-5:00pm Off Ice Stretch and Yoga 5:15-5:30pm Group Development 5:30-6:00pm Skills & Dance Group 6:00-6:45 pm Freeskate		STARSkate Int/Sr (12:25-2:45 pm) 12:25-1:05 pm Off Ice Dance 1:15-1:30 pm Group Development 1:30-1:45 pm Skills and Dance Group 1:45-2:45 Free Skate
		STARSkate Jr (12:30-2:15 pm) 12:30-12:45 Skills and Dance Group 12:45-1:15 pm Free Skate 1:15-1:30 pm Group Development 1:30- 2:15 pm Off Ice Dance

*subject to change