



## ACADEMY FALL/WINTER 2026-2027

Registration is on [bedfordskatingclub.com](https://bedfordskatingclub.com)

September: Greenfoot Energy Centre; October-March: LeBrun Arena

**BSC MEMBER REGISTRATION: Monday, Aug.10 @ 7pm**

**HSC MEMBER REGISTRATION: Tuesday, Aug.11 @ 9am**

**ALL OTHER CLUBS REGISTRATION: Tuesday, Aug.25 @ 10am**

**REMEMBER TO CHECK WITH YOUR COACH BEFORE REGISTERING!**

**PLEASE REMEMBER THAT WE DO EVERYTHING POSSIBLE TO GET SKATERS ON THEIR FIRST-CHOICE SESSION BUT CAN'T ALWAYS DO SO. PLEASE HAVE BACK-UP OPTIONS IN CASE A FIRST CHOICE IS NOT AVAILABLE.**

### ICE SHOW 2027

The BSC co-hosted Ice Show will be on Sunday, Apr.4. Details to come on registration and practice schedule.



A CELEBRATION OF MUSIC STYLES AND THE MOMENTS THAT MOVE US

## IMPORTANT NOTES & REMINDERS

### Skater & Parent behaviour

All participants of BSC sessions must adhere to the Skate Canada Code of Ethics. Skaters and/or parents documented to be bullying (in-person and/or on social media), using inappropriate language, exhibiting inappropriate dressing room behaviours (i.e. taking pictures of other skaters, talking down to other skaters, leaving garbage on the benches and/or floor, displays of romantic relationships, etc.) and/or any other dangerous and/or disrespectful behaviour towards other skaters, parents and/or coaches will be addressed by coaches and/or BSC Board of Directors. Pending the severity of the behaviour(s), skaters and/or parents may be removed from the club.

### Dressing Rooms/Warm-up Area

**ONLY** skaters and coaches are permitted to enter the dressing room hallway. This is a safe sport factor in addition to ensuring enough space for skaters to properly warm-up without being interrupted and skaters having a place to socialize so it doesn't happen on the ice.

### Payment

All payment must be made online. All sessions can be paid in monthly installments. A \$63.70 Skate Canada fee will be applied to all BSC home club skaters not already registered with Skate Canada.

### Additional Fees

In addition to the program fees listed for each session, the Skate Canada annual registration fee (\$63.70 for 2026-2027) and a \$5 Social Fee will be added to all BSC home club skater invoices. These are both 1 time fees for the Fall/Winter 2026-2027 season. The Social Fee helps to offset costs of events like the Light Up Bedford parade float, World Ice Skating Day, banquet, etc.

### Programming Cancellation & Changes

BSC reserves the right to adjust programming (scheduling and/or cancellation) to meet operational requirements based on coaching, enrolment, weather, NS Health requirements, etc. There are no make-up days for cancelled sessions.

#### OFF-ICE

Monday: Pilates  
Wednesday: TBC  
Thursday: TBC  
Saturday: Dance  
Sunday: NA

#### PA CLINIC

Wednesday, Sept.30 - 4-6:45pm at  
Greenfoot Energy Centre

#### WARM-UPS

Self/coach directed 30-45min before session

#### COOL DOWN

Self/coach directed 20-30min after session

# ACADEMY SYNCHRO

## PRISM 1

- 🏊 Star 8 level
- 🏊 No synchro experience required!

🏊 Skaters must be at least 13-years-old as of July 1 but not have turned 18 by July 1 of this year. Skaters over 18 as of July 1 should speak to Becky at [bedfordskatingclub@hotmail.com](mailto:bedfordskatingclub@hotmail.com)

- 🏊 Fee includes a \$50 dress rental & \$45 team sweater
- 🏊 Additional fees will include: competition registration and expenses & practice outfit

| DAY                                  | LOCATION                                                    | SESSION | TIME                         | ADJUSTMENTS                                           | DATE RANGE    | NO SESSION DAYS                                            | PRICE |
|--------------------------------------|-------------------------------------------------------------|---------|------------------------------|-------------------------------------------------------|---------------|------------------------------------------------------------|-------|
| <b>Monday</b>                        | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | On-ice  | 8:50-9:50pm                  | September dates:<br>4-5pm                             | Sept.7-Mar.22 | Oct.12<br>Dec.21, Dec.28<br>Feb.15<br>Mar.8                | \$990 |
| <b>Saturday</b><br><b>*MANDATORY</b> | September: Greenfoot Energy Centre                          | On-ice  | 8-9am & 9:30-10:35am         | Sept.12 is:<br>8-9:50am on-ice;<br>10-11:15am off-ice | Sept.5-26     |                                                            |       |
|                                      |                                                             | Off-ice | 10:50-11:50am<br>& 12:30-2pm |                                                       |               |                                                            |       |
| <b>Sunday</b>                        | Oct-Mar: LeBrun Arena                                       | On-ice  | 3:40-4:50pm                  |                                                       | Oct.4-Mar.21  | Nov.8<br>Dec.20 *WISD<br>Dec.27<br>Jan.24<br>Feb.7, Feb.28 |       |

## PRISM 2

- 🏊 Star 4 level
- 🏊 No synchro experience required!

- 🏊 Skaters must have passed at least Star 2 skills or have approval. Skaters without Star 2 skills should contact Becky at [bedfordskatingclub@hotmail.com](mailto:bedfordskatingclub@hotmail.com)

- 🏊 Fee includes a \$50 dress rental
- 🏊 Additional fees will include: competition registration and expenses & practice outfit

| DAY             | LOCATION                                                    | SESSION | TIME  | ADJUSTMENTS                                                                        | DATE RANGE     | NO SESSION DAYS                                                    | PRICE |
|-----------------|-------------------------------------------------------------|---------|-------|------------------------------------------------------------------------------------|----------------|--------------------------------------------------------------------|-------|
| <b>Saturday</b> | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | On-ice  | 8-9am | *Sept.12:<br>8-9:50am on-ice<br>*Sept.19:<br>8-9am on-ice;<br>9:15-10:30am off-ice | Sept.12-Mar.20 | Sept.26<br>Dec.26<br>Jan.23* PreA & CS<br>running<br>Feb.6, Feb.27 | \$550 |

## PRISM 3

- 🏊 Star 3 level
- 🏊 No synchro experience required!

- 🏊 Additional fees will include competition registration & expenses, & practice outfit

| DAY             | LOCATION                                                    | SESSION | TIME     | ADJUSTMENTS | DATE RANGE    | NO SESSION DAYS                                         | PRICE |
|-----------------|-------------------------------------------------------------|---------|----------|-------------|---------------|---------------------------------------------------------|-------|
| <b>Saturday</b> | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | On-ice  | 8:15-9am |             | Sept.5-Mar.20 | Dec.26<br>Jan.23* PreA & CS<br>running<br>Feb.6, Feb.27 | \$250 |



# NOVA ICE

🏋️ Adult II level  
🏋️ Invite & approval required

🏋️ Fee includes a \$75 dress rental  
🏋️ Additional fees will include: competition registration & expenses

| DAY      | LOCATION                                                    | SESSION | TIME        | ADJUSTMENTS | DATE RANGE   | NO SESSION DAYS                             | PRICE |
|----------|-------------------------------------------------------------|---------|-------------|-------------|--------------|---------------------------------------------|-------|
| Monday   | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | Off-ice | 8-8:30pm    |             | Oct.5-Mar.22 | Oct.12<br>Dec.21, Dec.28<br>Feb.15<br>Mar.8 | \$540 |
|          |                                                             | On-ice  | 8:50-9:50pm |             |              |                                             |       |
| Saturday | September: Greenfoot Energy Centre                          | On-ice  | 8-9am       |             | Sept.5-26    |                                             |       |
|          |                                                             | Off-ice | 7-7:45am    |             |              |                                             |       |



## ACADEMY JUNIOR

 Skate Canada LTD Learn to Train

 Competing Star 2-4

 Working on Star 2-5 assessments

 0-4 years of STARSkate experience

 and/or approval

*Skaters on this session are starting STARSkate lessons with a private coach. They typically have 0-4 years experience in STARSkate based on their development rate.*

*A reminder that session divisions are reviewed annually to best suit the development of club skaters at that time. Skaters should not expect to move to a new session division every year.*

*PLEASE NOTE: Skaters are not guaranteed a spot on their first choice session(s). Families should add themselves to waitlists but should also plan/register for back-up session choices. An email with preferences should be sent to the Program Manager if you are in this situation.*

| DAY             | LOCATION                                                    | SESSION | TIME         | ADJUSTMENTS                                                 | DATE RANGE         | NO SESSION DAYS                               | PRICE |
|-----------------|-------------------------------------------------------------|---------|--------------|-------------------------------------------------------------|--------------------|-----------------------------------------------|-------|
| <b>Monday</b>   | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | On-ice  | 6-7:20pm     | September dates:<br>5-6:20pm on-ice;<br>6:30-7:15pm off-ice | Sept.7-Mar.22      | Oct.12<br>Dec.21, Dec.28<br>Feb.15<br>Mar.8   | \$505 |
|                 |                                                             | Off-ice | 7:35-8:20pm  |                                                             |                    |                                               |       |
| <b>Thursday</b> | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | On-ice  | 4-4:50pm     |                                                             | Sept.10-<br>Mar.25 | Dec.24, Dec.31<br>Mar.11                      | \$335 |
|                 |                                                             | Off-ice | 4:55-5:25pm  |                                                             |                    |                                               |       |
| <b>Saturday</b> | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | Off-ice | 12:30-1:15pm |                                                             | Sept.5-Mar.20      | Dec.26<br>Jan.23* CS running<br>Feb.6, Feb.27 | \$535 |
|                 |                                                             | On-ice  | 1:30-2:50pm  |                                                             |                    |                                               |       |



## ACADEMY INTERMEDIATE

 Skate Canada LTD Learn to Train

 Competing Star 4-6

 Working on Star 5+ assessments

 3+ years of STARSkate experience or 0-2 years of Podium Pathway experience

 and/or approval

*Skaters on this session are working towards the higher STARSkate levels, working to move into Podium Pathway, or don't want to train at the higher intensity development rate of a Senior session. Some skaters will move quickly through this session division while others may choose to stay here even while they complete higher level assessments in favour of a paced session that matches their desired training.*

*A reminder that session divisions are reviewed annually to best suit the development of club skaters at that time. Skaters should not expect to move to a new session division every year.*

*PLEASE NOTE: Skaters are not guaranteed a spot on their first choice session(s). Families should add themselves to waitlists but should also plan/register for back-up session choices. An email with preferences should be sent to the Program Manager if you are in this situation.*

| DAY                                   | LOCATION                                                    | SESSION | TIME            | ADJUSTMENTS                                                    | DATE RANGE     | NO SESSION DAYS                                          | PRICE |
|---------------------------------------|-------------------------------------------------------------|---------|-----------------|----------------------------------------------------------------|----------------|----------------------------------------------------------|-------|
| <b>Monday</b>                         | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | Off-ice | 6:15-7:15pm     | September dates:<br>5:15-6:15pm off-ice;<br>6:30-7:50pm on-ice | Sept.7-Mar.22  | Oct.12<br>Dec.21, Dec.28<br>Feb.15<br>Mar.8              | \$525 |
|                                       |                                                             | On-ice  | 7:30-8:50pm     |                                                                |                |                                                          |       |
| <b>Wednesday</b>                      | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | On-ice  | 4-5:20pm        | *September dates:<br>4-5:30pm on-ice;<br>5:45-6:15pm off-ice   | Sept.9-Mar.17  | Sept.30* PA Clinic<br>Dec.23, Dec.30<br>Mar.10           | \$485 |
|                                       |                                                             | Off-ice | 5:30-6pm        |                                                                |                |                                                          |       |
| <b>Thursday</b>                       | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | On-ice  | 4:30-5:25pm     | 5:25-6:30pm PA or break                                        | Sept.10-Mar.25 | Dec.24, Dec.31<br>Mar.11                                 | \$515 |
|                                       |                                                             | Off-ice | 6:30-7:15pm     |                                                                |                |                                                          |       |
| <b>Saturday</b>                       | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | Off-ice | 9:45-10:30am    | Sept.12 is:<br>11-11:45am off-ice;<br>12-1pm on-ice            | Sept.5-Mar.20  | Dec.26<br>Jan.23* CS running<br>Feb.6, Feb.27            | \$450 |
|                                       |                                                             | On-ice  | 10:45am-12:05pm |                                                                |                |                                                          |       |
| <b>Sunday</b><br><b>**INVITE ONLY</b> | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | On-ice  | 3-3:50pm        | September dates:<br>10-10:50am                                 | Sept.6-Mar.21  | Nov.8<br>Dec.20 *WISD, Dec.27<br>Jan.24<br>Feb.7, Feb.28 | \$375 |

# ACADEMY SENIOR

- 🏒 Skate Canada LTD Learn to Train, Train to Train, Train to Compete & Train to Win
- 🏒 Competing Star 7+ and/or PreJuv+

- 🏒 Working on Star 6+ assessments
- 🏒 5+ years of STARSkate experience or 1+ years of Podium Pathway experience

- 🏒 and/or approval

*Skaters on this session are competing in the higher STARSkate levels (often competing multiple events), and/or Podium Pathway. Skaters on this session are wanting to train at a high rate and intensity of development. Skaters looking to continue their development at their own pace should register for Intermediate.*

*A reminder that session divisions are reviewed annually to best suit the development of club skaters at that time. Skaters should not expect to move to a new session division every year.*

*PLEASE NOTE: Skaters are not guaranteed a spot on their first choice session(s). Families should add themselves to waitlists but should also plan/register for back-up session choices. An email with preferences should be sent to the Program Manager if you are in this situation.*

| DAY                                   | LOCATION                                                    | SESSION | TIME           | ADJUSTMENTS                                                     | DATE RANGE     | NO SESSION DAYS                                          | PRICE   |
|---------------------------------------|-------------------------------------------------------------|---------|----------------|-----------------------------------------------------------------|----------------|----------------------------------------------------------|---------|
| <b>Wednesday</b>                      | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | Off-ice | 6-6:50pm       | *September dates:<br>5:45-6:35pm off-ice;<br>6:50-8:40pm on-ice | Sept.9-Mar.17  | Sept.30* PA Clinic<br>Dec.23, Dec.30<br>Mar.10           | \$625   |
|                                       |                                                             | On-ice  | 7:10-8:40pm    |                                                                 |                |                                                          |         |
| <b>Thursday</b>                       | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | Off-ice | 5:30-6:15pm    | September dates:<br>4:45-5:30pm off-ice;<br>5:45-6:50pm on-ice  | Sept.10-Mar.25 | Dec.24, Dec.31<br>Mar.11                                 | \$550\$ |
|                                       |                                                             | On-ice  | 6:30-7:50pm    |                                                                 |                |                                                          |         |
| <b>Saturday</b>                       | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | Off-ice | 10:40-11:30am  | Sept.12 is:<br>11-11:45am off-ice;<br>12-1pm on-ice             | Sept.5-Mar.20  | Dec.26<br>Jan.23*CS running<br>Feb.6, Feb.27             | \$525   |
|                                       |                                                             | On-ice  | 11:45am-1:20pm |                                                                 |                |                                                          |         |
| <b>Sunday</b><br><b>**INVITE ONLY</b> | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | On-ice  | 3-3:50pm       | September dates:<br>10-10:50am                                  | Sept.6-Mar.21  | Nov.8<br>Dec.20 *WISD, Dec.27<br>Jan.24<br>Feb.7, Feb.28 | \$375   |



## ACADEMY ADULTS

 Skate Canada LTD Learn to Train, Train to Train, Train to Compete, Train to Win & Skate for Life

 Skaters must have previous figure skating experience or approval

 Lessons are arranged with & paid to private coach

| DAY              | LOCATION                                                    | SESSION | TIME        | ADJUSTMENTS | DATE RANGE    | NO SESSION DAYS            | PRICE |
|------------------|-------------------------------------------------------------|---------|-------------|-------------|---------------|----------------------------|-------|
| <b>Wednesday</b> | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | On-ice  | 8:50-9:50pm |             | Sept.9-Mar.17 | Dec.23<br>Dec.30<br>Mar.10 | \$490 |
| <b>Wednesday</b> | September: Greenfoot Energy Centre<br>Oct-Mar: LeBrun Arena | Off-ice | 8-8:30pm    |             | Sept.9-Mar.17 | Dec.23<br>Dec.30<br>Mar.10 | \$50  |
| <b>Wednesday</b> | September: Greenfoot Energy Centre                          | On-ice  | 8-8:40pm    |             | Sept.30       |                            | \$20  |



# Bedford Skating Club progression map

2026-2027

## Skate Canada program

### CanSkate

- PreCanSkate & Stage 1-6
- 4+ years-old
- No experience needed
- Hockey or figure skates allowed
- CSA approved helmet mandatory

### Beginner/Intermediate Teen/Adult CanSkate

- PreCanSkate & Stage 1-6
- 12+ years-old/18+ years-old
- No experience needed
- Hockey or figure skates allowed
- CSA approved helmet mandatory up to Stage 6

## Club bridge programs (Skate Canada base)

### Teen PreAcademy

- Invite only program
- 12+ years old interested in figure skating
- 2 days/week strongly encouraged
- Figure skates mandatory

### PreAcademy 2

- Invite only program
- Stage 3+ or approved
- 2 days/week strongly encouraged
- Figure skates mandatory

## Club Figure Skating programs (Skate Canada based & guided)

### PreAcademy 1

- Completing Stage 6/Star 1
- 2 days/week mandatory
- Off-ice included

### Academy Junior

- Skate Canada LTD Learn-to-Train
- Competing Star 2-4
- Working on Star 2-5 assessments
- 0-4 years of STARSkate experience
- and/or approval

### Academy Intermediate

- Skate Canada LTD Learn to Train
- Competing Star 4-6
- Working on Star 5+ assessments
- 3+ years of STARSkate experience or 0-2 years of Podium Pathway experience
- and/or approval

### Academy Senior

- Skate Canada LTD Learn to Train, Train to Train, Train to Compete & Train to Win
- Competing Star 7+ and/or PreJuv+
- Working on Star 6+ assessments
- 5+ years of STARSkate experience or 1+ years of Podium Pathway experience

### Synchronized skating

- Must have passed Star 1+ skills
- Various level teams
- and/or approval
- No experience needed
- Encouraged to do at least 1 individual session

### Advanced Adults

- Must have figure skating experience
- and/or approval
- Coaching arranged separately