



## FALL/WINTER 2025-2026 ACADEMY

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

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



# StarSkate

**BSC MEMBER REGISTRATION: Monday, Aug.11 @ 7pm**

**HSC MEMBER REGISTRATION: Tuesday, Aug.12 @ 9am**

**ALL OTHER CLUBS REGISTRATION: Tuesday, Aug.26 @ 10am**

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

### 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.



**Skate  
Canada**

**Payment:** All payment must be made online. All sessions can be paid in monthly installments. A \$61.65 Skate Canada fee will be applied to all BSC home club skaters not already registered with Skate Canada.

**Skate Up/Down Requests:** Skate up/down requests must be approved by your coach and/or the club.

**Buy-ins:** Buy-ins are subject to open spaces. Payment must be made by 12:00pm the day prior on the BSC site. **Skaters must confirm with their coach prior to purchasing the space.**

**Off-Ice:** Off-ice is a key component of a skater's development and is **NOT OPTIONAL**. It helps ensure skater safety and better use of on-ice time. Please speak to your coach if you need to miss an off-ice session.

**Additional sessions:** BSC is proud to collaborate with Halifax Skating Club to offer additional sessions in a co-ordinated schedule to maximize ice time. Please check their brochure and speak to your coach about these sessions.

**Assessment Day:** Assessment Day for Star 6+ will be December & March. Exact days will be confirmed closer to the dates as per Skate Canada Nova Scotia requirements.

**Fundraising:** BSC has 2 ongoing fundraisers - Oliver's Labels and Sport Split 50/50. For Oliver's Labels please visit [oliverslabels.com/bsc](http://oliverslabels.com/bsc) for the club to receive 20% of your purchase total. For Sport Split please purchase your tickets at [rafflebox.ca/raffle/sportns/19](http://rafflebox.ca/raffle/sportns/19). Thank you for your continued support of our club.

**CanSkate Program Assistants:** CanSkate PAs are required for our Wednesday, Thursday and Saturday sessions. Details will be sent once registration is complete.

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

**Simulations:** There are 2 confirmed simulation days on Sept.30 & Nov.11. Details and registration information to come.

## 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**
- **Fee includes a \$30 dress rental**
- **Additional fees will include: competition registration and expenses & practice outfit**

#### **Mondays**

**8:50-9:50pm**

25 weeks

Sept - Greenfoot Energy Centre

Oct-Mar - LeBrun Arena

**&**

#### **Fridays\*\*\***

**8:15-8:50pm**

**\*\*REGISTRATION MUST BE DONE ON THE HSC SITE!**

**&**

#### **Saturday Training Camp**

**8am-2pm**

4 weeks

September

**\*\*September 6, 8, 13, 15, 20, 22, 27, 29**

**October 6, 20, 27**

**November 3, 10, 17, 24**

**December 1, 8, 15, 22**

**January 5, 12, 19, 26**

**February 2, 9, 23**

**March 2, 9, 23**

**\$655**

**\*\*\*FRIDAY DATES TBC THROUGH HSC!**

**REGISTRATION IS DONE ON THE HSC SITE!**

*September Monday dates are 4-5pm at Greenfoot*

*TRAINING CAMP DETAILS:  
TRAINING CAMP IS MANDATORY!  
Sept.6, 13, 20, 27*

*No skating Oct.13, Dec.29, Feb.16, Mar.16,  
Mar.30*

### PRISM 2

- **Star 4 level**
- **No synchro experience required!**
- **Must have passed at least Star 2 skills**
- **Fee includes a \$30 dress rental**
- **Additional fees will include: competition registration and expenses & practice outfit**

#### **Saturdays**

**8-9am**

21 weeks (*4 potential Sept. weeks TBC*)

Oct-March - LeBrun

*\*September programming TBC  
pending numbers & coaching*

**October 4, 11, 18, 25**

**November 1, 8, 15, 22, 29**

**December 6, 13, 20**

**January 3, 10, 17, 24**

**February 7, 14, 21**

**March 7, 14, 21**

**\$430**

*No skating Dec.27, Jan.31, Feb.28, Mar.28*

### PRISM 3

- **Star 3 level**
- **No synchro experience required!**
- **Additional fees will include: competition registration and expenses & practice outfit**

#### **Saturdays**

**October 4, 11, 18, 25**

<b>8:30-9am</b> 21 weeks Oct-March - LeBrun	November 1, 8, 15, 22, 29 December 6, 13, 20 January 3, 10, 17, 24 February 7, 14, 21 March 7, 14, 21  <i>No skating Dec.27, Jan.31, Feb.28, Mar.28</i>	<b>\$190</b>
<b>NOVA ICE</b> <ul style="list-style-type: none"> <li>- <b>Adult team</b></li> <li>- <b>Invite and approval required</b></li> <li>- <b>Fee includes a \$100 dress rental</b></li> <li>- <b>Additional fees will include: competition registration and expenses &amp; practice outfit</b></li> </ul>		
<b>Wednesday</b> <b>8-9:50pm</b> 26 weeks Sept - Greenfoot Energy Centre Oct-Mar - LeBrun Arena  <i>8-8:30pm off-ice;  8:50-9:50pm on-ice</i>  <b>&amp;</b>  <b>Saturday Training Camp</b> <b>8-10:35am</b> 4 weeks September	September 3, 6, 10, 13, 17, 20, 24, 27 October 1, 8, 15, 22, 29 November 5, 12, 19, 26 December 3, 10, 17 January 7, 14, 21, 28 February 4, 11, 18, 25 March 4, 25  <i>TRAINING CAMP DETAILS:  TRAINING CAMP IS MANDATORY!  Sept.6, 13, 20, 27</i>  <i>No skating Dec.24, Dec.31, Mar.11 (Assessment Day), Mar.18</i>	<b>\$570</b>



## 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 of 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.**

**REMEMBER TO SPEAK TO YOUR COACH BEFORE REGISTERING TO CONFIRM THE APPROPRIATE LEVEL FOR YOU!**

<b>Monday</b> <b>5:30-8:15pm</b> 25 weeks Sept - Greenfoot Energy Centre Oct-Mar - LeBrun Arena 6-7:20pm on-ice; 7:30-8:15pm off-ice  <i>**Skaters should arrive by 5:30pm to warm-up</i>	<b>**September 8, 15, 22, 29</b> <b>October 6, 20, 27</b> <b>November 3, 10, 17, 24</b> <b>December 1, 8, 15, 22</b> <b>January 5, 12, 19, 26</b> <b>February 2, 9, 23</b> <b>March 2, 9, 23</b>  <i>September dates are 4:30-7:15pm at Greenfoot</i>  <i>No skating Oct.13, Dec.29, Feb.16, Mar.16, Mar.30</i>	<b>\$480</b>
<b>Thursday</b> <b>4-7pm</b> 26 weeks Sept - Greenfoot Energy Centre Oct-Mar - LeBrun Arena 4-4:45pm Six Ways of the Spine w/ Coach Emma; 4:45-5:35pm regular on-ice session; 5:35-6:20pm CanSkate PA (credits given) or break; 6:30-7pm off-ice  <i>**Skaters should arrive by 3:30pm to warm-up</i>	<b>September 4, 11, 18*, 25</b> <b>October 2, 9, 16, 23, 30</b> <b>November 6, 13, 20, 27</b> <b>December 4, 11, 18</b> <b>January 8, 15, 22, 29</b> <b>February 5, 12, 19, 26</b> <b>March 5, 12, 26</b>  <i>Sept.18 is 4-4:45pm on-ice, 5:30-8pm PA Clinic</i>  <i>No skating Dec.25, Jan.1, Mar.19</i>	<b>\$595</b>
<b>Saturday</b> <b>12:30-3:10pm</b> <b>26 weeks</b> Sept - Greenfoot Energy Centre Oct-Mar - LeBrun Arena 12:30-1:15pm off-ice; 1:30-2:50pm on-ice;  <i>**Skaters should stay until 3:10pm to cool down</i>	<b>September 6, 13, 20, 27</b> <b>October 4, 11, 18, 25</b> <b>November 1, 8, 15, 22, 29</b> <b>December 6, 13, 20</b> <b>January 3, 10, 17, 24</b> <b>February 7, 14, 21</b> <b>March 7, 14, 21</b>  <i>No skating Dec.27, Jan.31, Feb.28, Mar.28</i>	<b>\$525</b>

## 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 ones who are working towards the higher STARSkate levels, working to move into Podium Pathway, or who 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.**

**REMEMBER TO SPEAK TO YOUR COACH BEFORE REGISTERING TO CONFIRM THE APPROPRIATE LEVEL FOR YOU!**

<b>Monday</b> <b>6:15-8:50pm</b> 25 weeks Sept - Greenfoot Energy Centre Oct-Mar - LeBrun Arena 6:15-7:15pm off-ice; 7:30-8:50pm on-ice;  **Skaters should stay until 9:10pm to cool down	**September 8, 15, 22, 29 October 6, 20, 27 November 3, 10, 17, 24 December 1, 8, 15, 22 January 5, 12, 19, 26 February 2, 9, 23 March 2, 9, 23  September dates are 5:15-8:10pm at Greenfoot  No skating Oct.13, Dec.29, Feb.16, Mar.16, Mar.30	<b>\$495</b>
<b>Wednesday</b> <b>4-6pm</b> 25 weeks Sept - Greenfoot Energy Centre Oct-Mar - LeBrun Arena 4-5:20pm on-ice; 5:30-6pm off-ice  **Skaters should arrive at 3:30 to warm-up	September 3, 10, 17, 24 October 1, 8, 15, 22, 29 November 5, 12, 19, 26 December 3, 10, 17 January 7, 14, 21, 28 February 4, 11, 18, 25 March 4, 25  No skating Dec.24, Dec.31, Mar.11 (Assessment Day), Mar.18	<b>\$485</b>
<b>Thursday</b> <b>4-7pm</b> 26 weeks Sept - Greenfoot Energy Centre Oct-Mar - LeBrun Arena 4-4:45pm Six Ways of the Spine w/ Coach Emma; 4:45-5:35pm regular on-ice session; 5:35-6:20pm CanSkate PA (credits given) or break; 6:30-7pm off-ice	September 4, 11, 18*, 25 October 2, 9, 16, 23, 30 November 6, 13, 20, 27 December 4, 11, 18 January 8, 15, 22, 29 February 5, 12, 19, 26 March 5, 12, 26	<b>\$595</b>

<p><i>**Skaters should arrive by 3:30pm to warm-up</i></p>	<p><i>Sept.18 is 4-4:45pm on-ice, 5:30-8pm PA Clinic</i></p> <p><i>No skating Dec.25, Jan.1, Mar.19</i></p>	
<p><b>Saturday</b>  <b>9:45am-12:05pm</b>  <b>26 weeks</b>            Sept - Greenfoot Energy Centre            Oct-Mar - LeBrun Arena  <i>9:45-10:30pm off-ice;</i>  <i>10:45-12:05pm on-ice;</i></p> <p><i>**Skaters should stay until 12:25pm to cool down</i></p>	<p>September 6, 13, 20, 27            October 4, 11, 18, 25            November 1, 8, 15, 22, 29            December 6, 13, 20            January 3, 10, 17, 24            February 7, 14, 21            March 7, 14, 21</p> <p><i>No skating Dec.27, Jan.31, Feb.28, Mar.28</i></p>	<p><b>\$425</b></p>

## 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), or be in 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.***

**REMEMBER TO SPEAK TO YOUR COACH BEFORE REGISTERING TO CONFIRM THE APPROPRIATE LEVEL FOR YOU!**

<p><b>Wednesday</b>  <b>6:15-8:40pm</b>            25 weeks            Sept - Greenfoot Energy Centre            Oct-Mar - LeBrun Arena  <i>6:15-6:45pm off-ice;</i>  <i>7:10-8:40pm on-ice</i></p> <p><i>**Skaters should stay until 9pm to cool down</i></p>	<p>*September 3, 10, 17, 24            October 1, 8, 15, 22, 29            November 5, 12, 19, 26            December 3, 10, 17            January 7, 14, 21, 28            February 4, 11, 18, 25            March 4, 25</p> <p><i>September dates are 6-8:40pm</i></p> <p><i>No skating Dec.24, Dec.31, Mar.11 (Assessment Day), Mar.18</i></p>	<p><b>\$580</b></p>
<p><b>Thursday</b>  <b>5:30-7:50pm</b></p>	<p>September 4, 11, 18*, 25            October 2, 9, 16, 23, 30</p>	<p><b>\$465</b></p>

26 weeks Sept - Greenfoot Energy Centre Oct-Mar - LeBrun Arena 5:30-6:15pm off-ice; 6:30-7:50pm on-ice  <i>**Skaters should stay until 8:10pm to cool down</i>	November 6, 13, 20, 27 December 4, 11, 18 January 8, 15, 22, 29 February 5, 12, 19, 26 March 5, 12, 26  <i>Sept.18 is 4:45-5:30pm on-ice, 5:30-8pm PA Clinic</i>  <i>No skating Dec.25, Jan.1, Mar.19</i>	
<b>Thursday - PACKAGE</b> <b>3:30-7:15pm</b> 26 weeks Sept - Greenfoot Energy Centre Oct-Mar - LeBrun Arena 4-4:45pm Six Ways of the Spine w/ Coach Emma; 5:30-6:15pm off-ice; 6:30-7:50pm on-ice  <i>**Skaters should arrive by 3:30pm to warm-up &amp; stay until 8:10pm to cool down</i>	September 4, 11, 18*, 25 October 2, 9, 16, 23, 30 November 6, 13, 20, 27 December 4, 11, 18 January 8, 15, 22, 29 February 5, 12, 19, 26 March 5, 12, 26  <i>Sept.18 is 4:45-5:30pm on-ice, 5:30-8pm PA Clinic</i>  <i>No skating Dec.25, Jan.1, Mar.19</i>	<b>\$760</b>
<b>Saturday</b> <b>10:40am-1:20pm</b> <b>26 weeks</b> Sept - Greenfoot Energy Centre Oct-Mar - LeBrun Arena 10:40-11:30pm off-ice; 11:45-12:05pm & 12:15-1:20pm on-ice  <i>**Skaters should stay until 1:40pm to cool down</i>	September 6, 13, 20, 27 October 4, 11, 18, 25 November 1, 8, 15, 22, 29 December 6, 13, 20 January 3, 10, 17, 24 February 7, 14, 21 March 7, 14, 21  <i>No skating Dec.27, Jan.31, Feb.28, Mar.28</i>	

## ACADEMY ADULTS

<ul style="list-style-type: none"> <li>- <b>Skaters must have previous figure skating experience or approval</b></li> <li>- <b>Shared session with Nova Ice adult synchro team</b></li> <li>- <b>Lessons are arranged with and paid to a private coach</b></li> </ul>		
<b>Wednesday</b> <b>8:50-9:50pm</b> 25 weeks Sept - Greenfoot Energy Centre Oct-Mar - LeBrun Arena	September 3, 10, 17, 24 October 1, 8, 15, 22, 29 November 5, 12, 19, 26 December 3, 10, 17 January 7, 14, 21, 28 February 4, 11, 18, 25 March 4, 25  <i>No skating Dec.24, Dec.31, Mar.11, Mar.18</i>	<b>\$340</b>



# Bedford Skating Club progression map

2025-2026

