



## SPRING 2026

### Academy

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

All programming is at Greenfoot Energy Centre or East Hants Sportsplex



## StarSkate

**BSC MEMBER REGISTRATION: Tuesday, Mar.24 at 7pm**

**HSC MEMBER REGISTRATION: Wednesday, Mar.25 at 9am**

**ALL OTHER CLUBS REGISTRATION: Monday, Apr.6 at 9am**

**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

#### **SPIRIT OF THE GAMES** 2026 ICE SHOW



APRIL 12, 2026 - CENTENNIAL ARENA

Join us Sunday, Apr.12 for our Spring Ice Show! Shows will be 1:30-3:30pm and 4:30-6:30pm and will feature over 100 skates from BSC and our partner club, Halifax Skating Club. Details on registration, fees, sponsorships, and practices will be sent to each group separately.

**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.

**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.

**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 5+ will be in mid-June. 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 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.



**Skate  
Canada**

## ACADEMY SYNCHRO

### PRISM 1 (Star 8), PRISM 2 (Star 4), PRISM 3 (Star 3)

- 7-17 years-old
- No synchro experience required
- Participation in the 2025-2026 season is NOT required
- NO 2026-2027 season commitment required
- Additional fees will include: STAR Synchro assessment fee

**Friday**  
**7-8:50pm**

7-8pm edge/turn;  
8-8:50pm synchro skills

6 weeks  
East Hants Sportsplex

May 1, 8, 15  
June 5, 12, 19

*No skating May 22, 29*

**\*SKATERS DOING THE HSC FRIDAY  
PAIRS/DANCE SESSION SHOULD  
CONTACT BECKY**

**\$192**

### NOVA ICE

- 25+ years-old
- Skaters less than 25-years-old can participate as local event alternates only
- 2026-2027 plans include Adult Worlds in Germany (minimum age 25)

**JUNE WEEKS ARE TRYOUTS AND ARE MANDATORY FOR PARTICIPATION IN  
THE 2026-2027 SEASON**

**Friday**  
**7-9pm**

7-8pm edge/turn;  
8-8:50pm synchro skills

3 weeks  
East Hants Sportsplex

**&**

**Wednesday\***

**8-9pm**

8-8:50pm tryouts

3 weeks  
East Hants Sportsplex

May 1, 8, 15

\*June 3, 10, 17

**JUNE WEEKS ARE TRYOUTS AND ARE  
MANDATORY FOR PARTICIPATION IN THE  
2026-2027 SEASON**

**\$164**



# 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 these sessions 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!**

<p><b>Thursday</b>  <b>4*-7pm</b>  <i>*3:30-3:50pm individual warm-up</i>  <i>4-4:45pm on-ice Club Program Components class;</i>  <i>4:45-5:35pm on-ice session w/ chosen coach;</i>  <i>6:30-7pm off-ice</i></p> <p>9 weeks            Greenfoot Energy Centre</p>	<p>April 16, 23, 30            May 7, 14, 21, 28            June 4, 11</p>	<p><b>\$226</b></p>
<p><b>Saturday</b>  <b>12:30pm-2:50*pm</b>  <i>12:30-1:15pm off-ice;</i>  <i>1:30-2:50pm on-ice;</i>  <i>2:50-3:10pm individual</i></p> <p>6 weeks            Greenfoot Energy Centre</p> <p><b>TIMES CORRECTED FROM ORIGINAL BROCHURE</b></p>	<p>April 18, 25            May 2, 9            June 6, 13</p> <p><i>No skating May 16, 23, 30</i></p>	<p><b>\$114</b></p>



# StarSkate

## 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 these sessions 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.*

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

<p><b>Thursday</b>  <b>4*-7pm</b>  <i>*3:30-3:50pm individual warm-up</i>  <i>4-4:45pm on-ice Six Ways of the Spine w/ Coach Emma</i>  <i>4:45-5:35pm on-ice regular session;</i>  <i>6:30-7pm off-ice</i></p> <p>9 weeks            Greenfoot Energy Centre</p>	<p>April 16, 23, 30            May 7, 14, 21, 28            June 4, 11</p>	<p><b>\$226</b></p>
<p><b>Saturday</b>  <b>9:45am-12:05*pm</b>  <i>9:45-10:30 off-ice;</i>  <i>10:45am-12:05pm on-ice</i>  <i>*12:05-12:30pm individual cool down</i></p> <p>6 weeks            Greenfoot Energy Centre</p>	<p>April 18, 25            May 2, 9            June 6, 13</p> <p><i>No skating May 16, 23, 30</i></p>	<p><b>\$127</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 these sessions 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.*

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

<p><b>Thursday - PACKAGE</b>  <b>4-7:50*pm</b>  <i>4-4:45pm Six Ways of the Spine w/ Coach Emma;</i>  <i>5:30-6:15pm off-ice;</i>  <i>6:30-7:50pm on-ice;</i>  <i>7:50-8:20pm individual cool down</i></p> <p>9 weeks            Greenfoot Energy Centre</p>	<p>April 16, 23, 30            May 7, 14, 21, 28            June 4, 11</p>	<p><b>\$290</b></p>
<p><b>Thursday</b>  <b>5:30-7:50*pm</b>  <i>5:30-6:15pm off-ice;</i>  <i>6:30-7:50pm on-ice;</i>  <i>7:50-8:10pm individual cool down</i></p> <p>9 weeks            Greenfoot Energy Centre</p>	<p>April 16, 23, 30            May 7, 14, 21, 28            June 4, 11</p>	<p><b>\$187</b></p>
<p><b>Saturday</b>  <b>10:40am-1:20*pm</b>  <i>10:40-11:30pm off-ice;</i>  <i>11:45-12:05pm &amp; 12:15-1:20pm on-ice;</i>  <i>1:20-1:40pm individual cool down</i></p> <p>6 weeks            Greenfoot Energy Centre</p>	<p>April 18, 25            May 2, 9            June 6, 13</p>	<p><b>\$170</b></p>

# Bedford Skating Club progression map

2025-2026

