

BEDFORD SKATING CLUB WINTER 2017/2018 SCHEDULE

-ALL PROGRAMS-

REGISTRATION

STARSkate & STARSkate Development registrations will be open on Wednesday, Aug.14 at 10am. Registration is done online through bedfordskatingclub.com

QUALIFICATIONS

0-3	4-10	11+
-Has 0-3 test points -Competes Star 1 & 2 -Or by DoP and coach approval	**Must meet 3 of 4 criteria to register** -Has 4-10 test points -Competes Star 3-5 -Does not have a consistent Axel and/or Double -Or by DoP and coach approval	**Must meet 3 of 4 criteria to register** -Has 11+ test points -Competes Star 5+ -Must have an axel and/or a double -Or by Dop and coach approval
Examples of tests completed (does not have to be these exact ones)		
Star 1 skills	Star 2 skills	Star 5 free (a&b)
Star 1 free	Star 3 skills	Star 5 skill
Star 2 free (a&b)	Star 2-3a dance	Sr.Bronze+ tests
=3pts	Star 3 free (a&b)	10+2+=12+
	Star 4 free (a&b)	
	Star 4-5a dance	
	Star 4 skill	
	3+7=10	

SKATE-UP/DOWN REQUESTS

Skate-Up/Down requests must be submitted by coaches and will not be noted if submitted by parents. Requests are approved based on space available on the session requested, qualifications of the requesting skater, level/speed of the registered skaters, lesson availability of the skater's coach, requesting skater age, and overall session safety. Requests are not approved based on order asked.

OFF-ICE

Off-ice attendance is mandatory. It is an integral part of safety and skill development. While other activities are great additions to an athlete's training, sport specific skills are taught during off-ice. Please speak to your coach if you are not able to stay for a session.

ICE SHOW

The 2018/2019 Ice Show date is *tentatively* Saturday, Mar.9 or Sunday, Mar.10. **VOLUNTEERS WILL BE NEEDED!** Please keep your eyes open for details on how to register as part of the team.

SYNCHRO

Skaters 10-years-old or older who would like to join a synchro team should speak to Becky directly or email bedfordskatingclub@hotmail.com. Practices are TBD but will be in the AM (tentatively 6:30-8am).

SKATE CANADA & SPORTSWEEP FEES

All BSC home club members will pay an additional \$40 Skate Canada fee & \$20 Sportsweep fee in addition to the fee listed on the brochure. The price listed for STARSkate Development & CanSkate includes these fees.

PAYMENT

All STARSkate sessions (0-11+pts) can pay in up to 4 installments. All STARSkate Development skaters can pay in up to 3 installments. Payment can be done online with a credit card, cash or cheque.

PARENT & SKATER CODE OF CONDUCT

Parents & Skaters are expected to adhere to the Skate Canada & Club Codes of Conduct. The codes will be posted to the BSC website for your review.

STARSKATE (0-3 TEST POINTS) (or approval)		
DAY	SESSION TIME	SKATING DATES
Thursday \$600	4:00-6:15pm 4:00-4:15 Skills/Dance 4:15-4:30 Spins 4:30-5:00 Freeskate 5:00-5:20 Stroking (w/ 4-10pts) 5:30-6:15 <i>off-ice</i> *CanSkate is 6:35-7:20pm. Program Assistants are required and will receive PA credits	Sept.6, 13, 20, 27* *Sept.27 is 4-5:10 & PA Clinic is 6:15-8:30pm Oct.4, 11, 18, 25 Nov.1, 8, 15, 22, 29 Dec.6, 13, 20 Jan.3, 10, 17, 24, 31 Feb.7, 14, 21, 28 Mar.7, 14
Saturday \$550	10:00am-12pm 10:00-10:15 Dance 10:15-10:45 Freeskate 10:45-11:00 Stroking (w/ 4-10) 11:00-11:15 Skills (w/ 4-10) 11:30-12:00 <i>off-ice</i> *CanSkate is 12:15-1:00pm & 1:00-1:45pm. Program Assistants are required and will receive PA credits	*Sept.8, 15, 22, 29 *Sept. sessions are 10-11:20am on-ice, 11:30-12:15pm off-ice Oct.6, 13, 20, 27 Nov.3, 10, 17, 24 Dec.1, 8, 15 Jan.5, 12, 19, 26 Feb.2, 9, 16*, 23 *Feb.16 is 10-11:10am on-ice, 11:30-12pm off-ice Mar.2
Saturday Off-ice Dance w/ Trena's Studio \$250 **MUST HAVE APPROVAL	2:30-3:30pm This program is designed to help the skaters create artistic expression to ensure a more dynamic and engaging performance overall. They will learn body movements, musicality, how to emote and how to express themselves through movements inspired by the music. Skaters must compete Star 4+ or have approval.	Sept.8, 15, 22, 29 Oct.6, 13, 20, 27 Nov.3, 10, 24 Dec.1, 8, 15 Jan.5, 12, 19, 26 Feb.9, 16

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STARSKATE (4-10 TEST POINTS) (or approval)		
DAY	SESSION TIME	SKATING DATES
Thursday \$625	4:15-6:35pm <i>4:15-4:45 off-ice</i> 5:00-5:20 Stroking (w/ 0-3pts) FLOOD 5:30-5:45 Skills/dance 5:45-6:00 Spins 6:00-6:35 Freeskate *CanSkate is 6:35-7:20pm. Program Assistants are required and will receive PA credits	Sept.6*, 13*, 20*, 27** *Sept.6-20 are 4:15-5:15pm off-ice; 5:30-6:50pm on-ice *Sept.27 is 4:50-6:15pm on-ice & PA Clinic is 6:15-8:30pm Oct.4, 11, 18, 25 Nov.1, 8, 15, 22, 29 Dec.6, 13, 20 Jan.3, 10, 17, 24, 31 Feb.7, 14, 21, 28 Mar.7, 14
Saturday \$550	10:00-12:15pm <i>10:00-10:30 off-ice</i> 10:45-11:00 Stroking (w/ 0-3) 11:00-11:15 Skills (w/ 0-3) 11:25-11:40 Dance 11:40-12:15 Freeskate *CanSkate is 12:15-1:00pm & 1:00-1:45pm. Program Assistants are required and will receive PA credits	*Sept.8, 15, 22, 29 *Sept. sessions are 10:15-11:15am off-ice; 11:30am-12:50pm on-ice Oct.6, 13, 20, 27 Nov.3, 10, 17, 24 Dec.1, 8, 15 Jan.5, 12, 19, 26 Feb.2, 9, 16*, 23 *Feb.16 is 10:40-11:50am on-ice, 10-10:30am off-ice Mar.2
Saturday Off-ice Dance w/ Trena's Studio \$250	2:30-3:30pm This program is designed to help the skaters create artistic expression to ensure a more dynamic and engaging performance overall. They will learn body movements, musicality, how to emote and how to express themselves through movements inspired by the music. Skaters must compete Star 4+ or have approval.	Sept.8, 15, 22, 29 Oct.6, 13, 20, 27 Nov.3, 10, 24 Dec.1, 8, 15 Jan.5, 12, 19, 26 Feb.9, 16

*Off-ice attendance is mandatory when sessions are offered. It is an integral part of safety and skill development. While other activities are great additions to an athlete's training, sport specific skills are taught during off-ice. Please speak to your coach if you are not able to stay for a session.

STARSKATE (11+ TEST POINTS) (or approval)		
DAY	SESSION TIME	SKATING DATES
Monday \$700	6:00-7:50pm 6:00-6:20 Skills/dance 6:20-6:40 Spins 6:50-7:35 Freeskate 7:30-7:50 Stroking	*Sept.10, 17, 24** *Sept.10 & 17 are 5-6:50pm **Sept.24 is 5-6:30 regular session, 6:50-7:50 session w/ Marie Bowness Oct.1*, 8*, 15, 22, 29 *Oct.1 & 8 are 5-6:50pm Nov.5, 12, 19, 26 Dec.3, 10, 17 Jan.7, 14, 21, 28 Feb.4, 11, 18*, 25 *Feb.18 is 6-7:50pm Mar.4, 11, 25* *Mar.25 is 5-6:50pm
Wednesday \$650	6:50-8:20pm 6:50-7:10 Skills/dance 7:10-7:20 Spins 7:20-8:05 Freeskate 8:05-8:20 Stroking *CanSkate is 5:55-6:40pm. Program Assistants are required and will receive PA credits	*Sept.5, 12, 19, 26 *Sept. dates are 6:05-7:50pm Oct.3, 10, 17, 24 Nov.7, 14, 21, 28 Dec.5, 12, 19 Jan.2, 9, 16, 23, 30 Feb.6, 13, 20, 27 Mar.6, 13
Saturday Off-ice Dance w/ Trena's Studio \$250	2:30-3:30pm This program is designed to help the skaters create artistic expression to ensure a more dynamic and engaging performance overall. They will learn body movements, musicality, how to emote and how to express themselves through movements inspired by the music. Skaters must compete Star 4+ or have approval.	Sept.8, 15, 22, 29 Oct.6, 13, 20, 27 Nov.3, 10, 24 Dec.1, 8, 15 Jan.5, 12, 19, 26 Feb.9, 16 Mar.2

METRO MASTERS (adult intermediate/advanced session – beginners w/ approval. Lessons booked through private coach)		
DAY	SESSION TIME	SKATING DATES
Wednesday \$600	8:30-9:50pm Session is open and does not have a specific breakdown	*Sept.5, 12, 19, 26 *Sept. dates are 8-9:20pm Oct.3, 10, 17, 24 Nov.7, 14, 21, 28 Dec.5, 12, 19 Jan.2, 9, 16, 23, 30 Feb.6, 13, 20, 27 Mar.6, 13

STARSKATE DEVELOPMENT (2 day/week program. Skaters must be Stage 4+ or have an invitation)		
DAY	SESSION TIME	SKATING DATES
Wednesday \$600 *includes Wednesday & Saturday *includes \$40 Skate Canada fee *includes \$20 Sportsweep fee	5:00-5:55pm On-ice only. No off-ice class on Wednesday	Sept.5, 12, 19, 26 Oct.3, 10, 17, 24 Nov.7, 14, 21, 28 Dec.5, 12, 19 Jan.2, 9, 16, 23, 30 Feb.6, 13, 20, 27 Mar.6, 13
Saturday	1:15-2:50pm 1:15-1:45pm off-ice 1:55-2:50pm on-ice	*Sept.8, 15, 22, 29 *Sept. sessions are 12-12:30pm off-ice; 12:50-1:45pm on-ice Oct.6, 13, 20, 27 Nov.3, 10, 17, 24 Dec.1, 8, 15 Jan.5, 12, 19, 26 Feb.2, 9, 23 *No ice Feb.16 Mar.2

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CANSKATE		
DAY	SESSION TIME	SKATING DATES
Wednesday \$350 *includes \$40 Skate Canada fee *includes \$20 Sportsweep fee	5:55-6:40pm	Oct.3, 10, 17, 24 Nov.7, 14, 21, 28 Dec.5, 12, 19 Jan.2, 9, 16, 23, 30 Feb.6, 13, 20, 27 Mar.6
Thursday \$350 *includes \$40 Skate Canada fee *includes \$20 Sportsweep fee	6:25-7:20pm	Oct.4, 11, 18, 25 Nov.1, 8, 15, 22, 29 Dec.6, 13, 20 Jan.3, 10, 17, 24, 31 Feb.7, 14, 21, 28 Mar.7
Saturday #1 \$350 *includes \$40 Skate Canada fee *includes \$20 Sportsweep fee	12:15-1:00pm	Oct.6, 13, 20, 27 Nov.3, 10, 17, 24 Dec.1, 8, 15 Jan.5, 12, 19, 26 Feb.2, 9, 23 Mar.2
Saturday #2 \$350 *includes \$40 Skate Canada fee *includes \$20 Sportsweep fee	1:00-1:45pm	Oct.6, 13, 20, 27 Nov.3, 10, 17, 24 Dec.1, 8, 15 Jan.5, 12, 19, 26 Feb.2, 9, 23 Mar.2

CanSkate is a learn-to-skate program for skaters who are 4-years-old+ as of Sept.1 the year of registration. Skaters are grouped by age and level with a maximum of 10 skaters per group. Groups are led by trained program assistants and coached by Skate Canada Professional Coaches. Instruction is in a group format (one-on-one lessons are not available at this level).

Registered skaters must wear a certified hockey helmet. Face masks are highly recommended for beginner to Stage 3 skaters. Hockey or figure skates are permitted.

Questions should be directed to Becky Whalen, BSC Program Manager, at bedfordskatingclub@hotmail.com