



April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Friday March 29 Buy in session 4-7 CENTENNIAL	EASTER MONDAY NO SKATING	HRM 4 pad 4-8:30	CENT 5-8 YOGA with Leanne	NO ICE SEDMA	NO ICE SEDMA	
NO ICE SEDMA	HRM 4 pad 4-8:30	HRM 4 pad 4-8:30 Conditioning with Amanda	CENT 5-8	CENT 4-7 Mixed with Amanda	CENT 4-7 Atlantic's RBC	Atlantic's RBC
CENT 12-7 Atlantic's RBC FITNESS TESTING	HRM 4 pad 4-8:30	HRM 4 pad 4-8:30 FITNESS TESTING	CENT 5-8 YOGA with Leanne	CENT 4-7 FITNESS TESTING	CENT 4-7 FITNESS TESTING	
CENT 12-7 MENTAL TRAINING with Nicole Jen Jackson	HRM 4 pad 4-8:30 Jen Jackson	HRM 4 pad 4-8:30 Jen Jackson Conditioning with Amanda	CENT 5-8 Pilates with Kelly	CENT 4-7 Stars on Ice.. Mixed with Amanda	CENT 4-7 Conditioning with Amanda	
CENT 12-7 Dance with Yana	HRM 4 pad 4-8:30	HRM 4 pad 4-8:30 Conditioning with Amanda				

EVENTS

Stars on Ice

Purchase group tickets on HSC website by March 22

Guest Coach – Jen Jackson

See Spring Brochure for more information.

Atlantic's RBC

Skaters earned spots to compete for their provincial at Provincial competitions.



May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CENT 5-8 MENTAL TRAINING with Nicole tentative	2 CENT 4-7 Mixed with Amanda	3 CENT 4-7 Conditioning with Amanda	4 NS Celebration on Ice
5 CENT 12:30-7:30	6 HRM 4 pad 4-8:30	7 HRM 4 pad 4-8:30 Conditioning with Amanda	8 CENT 5-8	9 CENT 4-7 Mixed with Amanda	10 CENT 4-7 ANNE SCHELTER SEMINAR	11 HRM 4 Pad 1-6 ANNE SCHELTER SEMINAR
12 CENT 12-7 Anne Schelter Lessons	13 HRM 4 pad 4-8:30	14 HRM 4 pad 4-8:30 Conditioning with Amanda	15 CENT 5-8 YOGA with Leanne	16 CENT 4-7 Mixed with Amanda	17 CENT 4-7 Conditioning with Amanda	18
19 CENT 12-7	20 Victoria Day NO SKATING	21 HRM 4 pad 4-8:30 Conditioning with Amanda	22 CENT 5-8 Pilates with Kelly	23 CENT 4-7 Mixed with Amanda	24 CENT 4-7 Conditioning with Amanda	25
26 CENT 12-7 Dance with Yana	27 HRM 4 pad 4-8:30	28 HRM 4 pad 4-8:30 Conditioning with Amanda	29 CENT 5-8 Theater with Grant Tentative	30 CENT 4-7 Mixed with Amanda	31 NO SKATING	

EVENTS

ANNE SCHELTER SEMINAR
See Spring Brochure for more information

NS Celebration on Ice

Join Skate Canada NS in celebrating the success of the season
Skaters include -
Section Award winners, Provincial medalists
Provincial / Challenge / National Teams



June 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 HRM 4Pad 5:30-9:00 Dance with Yana	3 HRM 4 pad 4:00-6:30	4 HRM 4 pad 4-8:30 Conditioning with Amanda	5 CENT 5-8 Theater with Grant Tentative	6 CENT 4-7 Mixed with Amanda	7 HRM 4 pad 430-7:30 Conditioning with Amanda	8 BANQUET WEEKEND Atlantica Hotel 5:30
9 HRM 4Pad 12-7 MENTAL TRAINING with Nicole	10 HRM 4 pad 4:15-8:15	11 HRM 4 pad 4-8:30 Conditioning with Amanda	12 HRM 4pad 5-8 Theater with Grant Tentative	13 BUY IN SESSION HRM 4 pad 4:30-6:30	14 ASSESSMENT DAY HRM 4 pad 430 - 7:30	15
16	17 Summer FITNESS TESTING	18 Summer FITNESS TESTING	19	20	21	22
23	24	25	26	27	28	29

EVENTS

FITNESS TESTING

Summer 2024 Fitness evaluations
Details TBA

Sunday June 2 Tentative Schedule

5:30-6:00 BOTH PreCan
6:00 – 6:50 BOTH CanSkate
FLOOD
7:00 – 9PM TBA

Monday June 10th Tentative Schedule

4:15 – 5:15 BRONZE
5:25 – 6:40 SILVER
6:50- 8:05 GOLD

Monday June 3rd Tentative Schedule

4:00 – 5:05 BRONZE
5:05 – 6:20 SILVER
Gold may buy int BSC sessions



July 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Summer week 1	1 Canada Day NO SKATING	2 HRM 4 pad 9 – 2:30	3 HRM 4 pad 9 – 2:30	4 HRM 4 pad 9 – 2:30	5 HRM 4 pad 9 – 2:30	6
7 Summer week 2	8 HRM 4 pad 9 – 2:30	9 HRM 4 pad 9 – 2:30	10 HRM 4 pad 9 – 2:30	11 HRM 4 pad 9 – 2:30	12 HRM 4 pad 9 – 2:30	13
14 Summer week 3	15 HRM 4 pad 9 – 2:30	16 HRM 4 pad 9 – 2:30	17 HRM 4 pad 9 – 2:30	18 HRM 4 pad 9 – 2:30	19 HRM 4 pad 9 – 2:30	20
21 Summer week 4	22 HRM 4 pad 9 – 2:30	23 HRM 4 pad 9 – 2:30	24 HRM 4 pad 9 – 2:30	25 HRM 4 pad 9 – 2:30	26 HRM 4 pad 9 – 2:30	27
28 Summer week 5	29 HRM 4 pad 9 – 2:30	30 HRM 4 pad 9 – 2:30	31 HRM 4 pad 9 – 2:30			

EVENTS

PA/ StarSkate Social Summer Event
TBA



August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Summer week 5 cont				1 HRM 4 pad 9 – 2:30	2 HRM 4 pad 9 – 2:30	3
4 **SHORT WEEK Summer week 6	5 Natal Day NO SKATING	6 HRM 4 pad 9 – 12	7 HRM 4 pad 9 – 12	8 HRM 4 pad 9 – 12	9 HRM 4 pad 9 – 12	10
11 Summer week 7	12 HRM 4 pad 9 – 2:30	13 HRM 4 pad 9 – 2:30	14 HRM 4 pad 9 – 2:30	15 HRM 4 pad 9 – 2:30	16 HRM 4 pad 9 – 2:30 ASSESSMENT DAY TENTATIVE	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

EVENTS