



2023-2024 SEASONAL PLAN

Feb 12, 2024

Spring and Summer '24 Tentative Dates and times.



Skate Canada
Patinage Canada

Booked ice times are noted on Calendar – Please review daily schedule for session times. In the case of time changes - off ice times maybe adjusted to match ice times

WINTER 2023-2024 ICE SCHEDULE

SUNDAY	HSC	CENTENNIAL
11:15-11:45	SILVER	OFF ICE JUMP
12:05 - 12:20	SILVER	Skills
12:20 - 1:20	SILVER	Free
1:20 - 1:35	SILVER	Dance
1:35 - 1:45	FLOOD	
1:45 - 2:30	CanSkate 2	all levels
2:30-3:00	PreCan 1	JR ACADEMY
3:00 - 3:30	PreCan 2	JR ACADEMY
3:30 - 3:40	FLOOD	
3:40 - 4:25	CanSkate	Stage 1+
3:35-4:05	BRONZE	OFF ICE JUMP / WARM UP
4:25 - 4:40	BRONZE	Stroking
4:40 - 5:25	BRONZE	Free
5:25 - 5:40	BRONZE	Dance
5:40 - 5:55	BRONZE	Skills

MONDAY	HSC	HRM 4PAD
5:00 - 5:50	GOLD / SILVER Axel +	Solo Practice - No lessons

TUESDAY	HSC	CENTENNIAL
4:05 – 4:50	GOLD	OPEN
4:50 – 5:40	GOLD / SILVER	OPEN
5:40 – 5:55	GOLD/SILVER	Group Coach
6:10-7:10	SILVER/GOLD	OFF ICE DANCE

THURSDAY	HSC	CENTENNIAL
4:05 - 5:05	OPEN (BRONZE / SILVER / GOLD)	Free
5:05 - 5:25	OPEN (BRONZE / SILVER / GOLD)	Skills/ Dance
5:25 - 5:35	FLOOD	
OFF ICE	OPEN	5:35-6:00
5:35 - 6:55	JR ACADEMY	
5:35 - 6:15	TEEN all levels	JR ACADEMY
6:10 - 6:55	CANSKATE 1	JR ACADEMY

FRIDAY	HSC	HRM 4 PAD
4:00 - 4:15	GOLD	Skills/ Dance
4:15 - 5:15	GOLD	Free
5:15-5:30	GOLD	Spins
5:30 – 5:40	BRONZE	Skills
5:40 – 6:25	BRONZE	Free
6:25 – 6:35	BRONZE	Dance
6:35-6:50	BRONZE	Group Coach
	FLOOD	
7:00 – 7:15	SILVER	Skills
7:15 – 8:00	SILVER	Free
8:00 – 8:15	SILVER	Dance
8:15 – 8:30	SILVER	Stroking***
8:15**-8:50	SYNCHRO	***
5:45-6:45	SILVER / GOLD	Off Ice
7:00-7:45	BRONZE	Off Ice

***8:30 – 8:50 - GOLD / SILVER skaters coaches have the option to stay on for additional lessons or programming ice.

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 NO ICE	2
3 NO ICE	4 Labour Day NO ICE	5 CENT 3:00-5:00	6	7 CENT 4-7 PA TRAINING 530-7	8 HRM 4 pad 4:15-9:15 SOCIAL MEDIA PRESENTATION	9
10 CENT 12-6 1st day of CanSkate	11 HRM 4 pad 5:15-6:15	12 CENT 4-6	13	14 CENT 4-7	15 HRM 4pad 4-9	16 SNS Road Show #1 CITY
17 CENT 12-6	18 HRM 4 pad 5:15-6:15	19 CENT 4-6	20	21 CENT 4-7	22 HRM 4pad 4-9	23
24 CENT 12-6	25 HRM 4 pad 5:15-6:15	26 CENT 4-6	27	28 CENT 4-7 SEMINAR DAY Mental Training 7-8	29 HRM 4pad 4-9	30 National Day of Reconciliation

EVENTS

PA TRAINING

PA Training will include on ice and off ice portions. This training is mandatory for any new Program Assistants

Skaters wishing to help as a PA should email:

halifaxskatingclub@gmail.com by September 4th. Please state which sessions the PA can attend regularly.

SEMINAR DAY Sept 28 7-8pm

Open to all Academy skaters
Mental Training Workshop
Register Online by Sept 21st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 CENT 12-6	2 SIMULATIONS (10-12) HRM 4 pad 5-6	3 CENT 4-6	4	5 CENT 4-7	6 HRM 4pad 4-9	7
8 CENT 12-6	9 Thanksgiving NO ICE	10 CENT 4-6	11	12 CENT 4-7	13 NO ICE SNS FALLSKATE Dartmouth	14 SNS FALLSKATE Dartmouth
15 CENT 12-6 SNS FALLSKATE Dartmouth	16 HRM 4 pad 5-6	17 CENT 4-6 Board Meeting	18	19 CENT 4-7 AGM 6:30	20 HRM 4pad 4-9	21
22 CENT 12-6	23 HRM 4 pad 5-6	24 CENT 4-6	25	26 CENT 4-7	27 HRM 4pad 4-9	28
29 CENT 12-6	30 HRM 4 pad 5-6	31 CENT 4-6 ON ICE sessions as usually - No off ice				

EVENTS

SIMULATIONS Oct 2 (10-12 HRM 4 pad)

Open to all Academy Skaters
Register online by Thursday Sept 28

Picture Day – details TBA

SEMINAR DAY Oct 26 7-8pm

Open to all Academy skaters
Mental Training Workshop
Register Online by Oct 19.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 CENT 4-7 SEMINAR DAY Mental Training	3 NO ICE	4
5 CENT 12-6	6 HRM 4 pad 5-6	7 CENT 4-6	8	9 CENT 4-7	10 HRM 4 pad 4-9	11 Remembrance Day
12 CENT 12-6	13 SkateNS Star 2-3 FunDay SIMULATIONS (10-12) HRM 4 pad 5-6	14 CENT 4-6	15	16 CENT 4-7	17 HRM 4pad 4-9 SNS Rob McCall SMB	18 SNS Rob McCall SMB
19 CENT 12-6 SNS Rob McCall SMB	20 HRM 4 pad 5-6	21 CENT 4-6 Board Meeting	22	23 ICE SHOW PRACTICE CENT 4-7 What's next parent meeting 7-8pm	24 HRM 4 pad 4-9	25
26 CENT 12-6	27 HRM 4 pad 5-6	28 CENT 4-6	29	30 CENT 4-7 SEMINAR DAY 6:30-8pm		

EVENTS

SIMULATIONS Nov 13 (10-12 HRM 4 pad)

Open to all Academy Skaters
Register online by Thursday Nov 9

Thursday Nov 23 7-8pm What's next parent meeting

Q &A Jr Academy / Potential new
StarSkate

SEMINAR DAY Nov 30 6:30-8pm

Open to all Academy skaters
Register Online by Nov 29
THEATER/ Basic Acting Skills CLASS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					HRM 4pad 4-9 CanSkate Registration	Star 1-4 Yarmouth
CENT 12-6	ICE SHOW PRACTICE HRM 4 pad 5-6	CENT 4-6		CENT 4-7	HRM 4pad 4-9	
CENT 12-6	HRM 4 pad 5-6 ICE SHOW PRACTICE	CENT 4-6 Board Meeting		CENT 4-7	HRM 4pad 4-9 Star 6+ ASSESSMENT DAY (Tentative)	ICE SHOW DRESS REHERSAL Lebrun
CENT 12-6 ICE SHOW	HRM 4 pad 5-6	CENT 4-6		CENT 4-7 NO CANSKATE Reg Thursday + extra buy in session	NO ICE	
NO ICE	NO ICE	NO ICE		NO ICE	NO ICE	
ALUMNI DAY 12-3 Centennial						

EVENTS

Alumni Skate and Potluck
Dec 31 – 12:00-3pm
2hr ice – 1hr room

PA / StarSkate Holiday Social Event
Joint with BSC Date and Details TBA
Dec 28 Activate 10:30-12:30

Star 6+ ASSESSMENT DAY (Tentative)
Dec 15
Sessions refunded.
extra Ice for Ice show

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO ICE	2 CENT 4-6	3	4 CENT 4-7	5 HRM 4pad 4-9	6
7 CENT 12-6	8 HRM 4 pad 5-6	9 CENT 4-6	10	11 CENT 4-7 SEMINAR DAY - CANCELLED	12 NO ICE	13
14 CENT 12-6 PEI Friendship Synchron	15 HRM 4 pad 5-6	16 CENT 4-6 Board Meeting	17	18 CENT 4-7 CLUB COMPETITION No REG CanSkate Jr Academy Included in Club Competition	19 HRM 4pad 4-9	20
21 CENT 12-6	22 HRM 4 pad 5-6	23 CENT 4-6	24	25 CENT 4-7	26 HRM 4pad 4-9	27
28 CENT 12-6	29 HRM 4 pad 5-6	30 CENT 4-6	31			

EVENTS

2024 Canadian National Skating Championships
Calgary
Jan 8-14

Club Competition Jan 18th

1hr star 2-3 simulations
1hr fun day events
1hr CanSkate/Jr Academy/ Star 1 events

ALL HSC skaters encouraged to attend **Registration Open Jan 5th**

SEMINAR DAY Jan 11

7:00 - 8pm **CANCELLED**

Open to all Academy Skaters
Register Online by Jan 4
Tentative – Athlete Nutrition

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CENT 4-7 SEMINAR DAY	2 HRM 4pad 4-9	3
4 CENT 12-6	5 HRM 4 pad 5-6	6 CENT 4-6	7	8 CENT 4-7	9 HRM 4pad 4-9	10 SNS Road Show #2
11 CENT 12-6	12 HRM 4 pad 5-6	13 CENT 4-6	14	15 CENT 4-7	16 NO ICE	17
18 CENT 12-6	19 NS Heritage Day NO ICE Star 1-3 Greenwood	20 CENT 4-6 Board Meeting	21	22 CENT 4-7	23 HRM 4 pad 5-9 <i>Tentative schedule below</i>	24
25 CENT 12-6	26 HRM 4 pad 5-6??	27 CENT 4-6	28	29 CENT 4-7		

EVENTS

2023-2024 Skate Canada Challenge PreNovice / Novice
Oakville, Ont
Feb 1-4

2024 Novice Canadian Championships /Skate Canada Cup
Waterloo, Ont
Feb 20-25

FEB 23 – Tentative schedule

5:00 – 6:30 BRONZE

6:30 – 8:00 SILVER

7:30 – 9 GOLD

NO OFF ICE

NO SYNCHRO

SEMINAR DAY - Feb 1

7:00 - 8pm

Open to all Academy Skaters

Register Online by Jan 25

Tentative – Mental Training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HRM 4pad 4-9	2 SNS Provincials Amherst
3 NO ICE SNS Provincials Amherst	4 HRM 4 pad 5-6	5 CENT 4-6	6	7 CENT 4-7 SEMINAR DAY	8 HRM 4pad 4-9	9
10 CENT 12-6	11 NO ICE	12 CENT 4-6	13	14 CENT 4-7	15 HRM 4pad 4-9 ** Event day	16 Star 1-3 Bedford/Halifax
17 CENT 12-6	18 HRM 4 pad 5-6	19 CENT 4-6 Board Meeting	20	21 CENT 4-7	22 HRM 4pad 4-9	23
24 CENT 12-6	25 HRM 4 pad 5-6	26 CENT 4-6	27 Star 6+ ASSESSMENT DAY (Tentative) BSC	28 CENT 4-7??	29 Good Friday Buy In ice 4-7 Centennial	30
31 NO ICE Easter Sunday	April 1 No Ice Easter Monday	April 2 Spring '24	April 3 Spring '24	April 4 No Ice Sedma	April 5 No Ice Sedma	April 6

EVENTS

ISU World Figure Skating Championships 2023
Montreal, QC
March 18-24th

MARCH 15th Event day

Tentative schedule –
4:00 – 6:00 Simulations
6 -7:30 BRONZE
7:30-9 SILVER / GOLD

SEMINAR DAY March 7

7:00 - 8pm
Open to all Academy Skaters
MENTAL Training - Nicole
How to process results from a competition and steps towards building goals for the next season or event

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 EASTER MONDAY NO SKATING	2 HRM 4 pad 4-8:30	3 CENT 5-8	4 NO ICE SEDMA	5 NO ICE SEDMA	6
7 NO SKATING SEDMA	8 HRM 4 pad 4-8:30	9 HRM 4 pad 4-8:30	10 CENT 5-8	11 CENT 4-7	12 CENT 4-7 Atlantic's RBC	13 Atlantic's RBC
14 CENT 12-7 Atlantic's RBC	15 HRM 4 pad 4-8:30	16 HRM 4 pad 4-8:30	17 CENT 5-8	18 CENT 4-7	19 CENT 4-7	20
21 CENT 12-7 MENTAL TRAINING with Nicole	22 HRM 4 pad 4-8:30	23 HRM 4 pad 4-8:30	24 CENT 5-8	25 CENT 4-7 Stars on Ice..	26 CENT 4-7	27
28 CENT 12-7	29 HRM 4 pad 4-8:30	30 HRM 4 pad 4-8:30				

EVENTS

Stars on Ice

Group seating -
Purchase on HSC website by March 22nd.
More details will be sent via email.
Date: Thursday, April 25, 2024
Time: 7:30pm Scotiabank Centre

Celebration on ice

Skate NS Celebration event
Details TBA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 CENT 5-8	2 CENT 4-7	3 CENT 4-7	4
5 CENT 12-7	6 HRM 4 pad 4-8:30	7 HRM 4 pad 4-8:30	8 CENT 5-8	9 CENT 4-7	10 CENT 4-7 ANNE SHELTER SEMINAR	11 ANNE SHELTER SEMINAR 1-6 HRM 4 Pad
12 CENT 12-7 MENTAL TRAINING with Nicole Anne Shelter lessons	13 HRM 4 pad 4-8:30	14 HRM 4 pad 4-8:30	15 CENT 5-8	16 CENT 4-7	17 CENT 4-7	18
19 CENT 12-7	20 NO SKATING Victoria Day	21 HRM 4 pad 4-8:30	22 CENT 5-8	23 CENT 4-7	24 CENT 4-7	25
26 CENT 12-7	27 HRM 4 pad 4-8:30	28 HRM 4 pad 4-8:30	29 CENT 5-8	30 CENT 4-7	31 HRM 4 pad 4:30-7:30	

EVENTS

Anne Shelter Seminar

Skating Skills based
May 10, 11, 12
Details TBA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 HRM 4Pad 12-7	3 HRM 4 pad 4-8:30	4 HRM 4 pad 4-8:30	5 CENT 5-8	6 CENT 4-7	7 HRM 4 pad 430-7:30	8 BANQUET WEEKEND
9 HRM 4Pad 12-7 MENTAL TRAINING with Nicole	10 HRM 4 pad 4-8:30	11 HRM 4 pad 4-8:30	12 HRM 4pad 5-8	13 ASSESSMENT DAY?? HRM 4 pad 430 – 7:30	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

EVENTS

HSC Banquet

Sat June 8
Details TBA
TENTATIVE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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 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 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 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 WEEK 5	29 HRM 4 pad 9 – 2:30	30 HRM 4 pad 9 – 2:30	31 HRM 4 pad 9 – 2:30			

EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 HRM 4 pad 9 – 2:30	2 HRM 4 pad 9 – 2:30	3
4 WEEK 6 (NO JR ACADEMY)	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 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???	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

EVENTS