



FALL / WINTER 2023-2024 SEASONAL PLAN

As of Aug 1, 2023



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

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.

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	2 SIMULATIONS (10-12) /PICTURE DAY HRM 4 pad 5-6	3 CENT 4-6	4	5 CENT 4-7	6 HRM 4pad 4-9	7
8 CENT 12-6 PICTURE DAY	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	18	19 CENT 4-7	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 SEMINAR DAY Mental Training	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	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	22	23 CENT 4-7	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

SEMINAR DAY Nov 30 630-8pm

Open to all Academy skaters
Register Online by Oct 23
Tentative – THEATER CLASS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 HRM 4pad 4-9	2 Star 1-4 Yarmouth
3 CENT 12-6	4 HRM 4 pad 5-6	5 CENT 4-6	6	7 CENT 4-7	8 HRM 4pad 4-9	9
10 CENT 12-6	11 HRM 4 pad 5-6	12 CENT 4-6	13	14 CENT 4-7	15 HRM 4pad 4-9 Star 6+ ASSESSMENT DAY (Tentative)	16
17 CENT 12-6 ICE SHOW	18 HRM 4 pad 5-6	19 CENT 4-6	20	21 CENT 4-7 NO CANSKATE Reg Thursday + extra buy in session	22 NO ICE	23
24 NO ICE	25 NO ICE	26 NO ICE	27	28 NO ICE	29 NO ICE	30
31 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
Week of Dec 27-30

Star 6+ ASSESSMENT DAY (Tentative)
Dec 15
Sessions maybe cancelled and
refunded.

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	12 NO ICE	13
14 CENT 12-6 PEI Friendship Synchro	15 HRM 4 pad 5-6	16 CENT 4-6	17	18 CENT 4-7 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 comp

ALL HSC skaters encouraged to attend

SEMINAR DAY Jan 11

7:00 - 8pm

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	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	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 NO ICE Good Friday	30
31 NO ICE Easter Sunday						

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 Jan 11

7:00 - 8pm
Open to all Academy Skaters
Register Online by Feb 29
TENTATIVE – Judge/ Evaluators
workshop

Spring 2024 Sessions

April 1- June 13th

Atlantic's

April 12 – 14

RBC Center

HSC Banquet

Sat June 8

Summer 2024 sessions

Week1 July 2 - 5

***No skating Canada Day*

Week 2 July 8 - 12

Week 3 July 15 - 19

Week 4 July 22 - 26

Week 5 July 29- Aug 2

Week 6 Aug 6-9

****No skating Holiday Monday*

Week 7 Aug 12-16