

## IMPORTANT NOTES

- ⇒ REGISTRATION—all Academy registration will be online through the Halifax Skating Club website. ***We reserve the right to balance sessions when needed.***
- ⇒ HSC and BSC skaters have priority on all sessions. Registrations will be processed in the order listed below.
  - 5 Day                      - 3 Day (M/W/F)                      - 2 Day (T/T)
 Other options of days may be accepted pending available space. Please register and put a note with your registration AND email [halifaxskatingclub.com](mailto:halifaxskatingclub.com) the request. We may not be able to accommodate all requests. Registration closes as spaces fill or at Midnight the Friday before the new skating week.
- ⇒ SKATE DOWN - Skaters may skate down one level pending available space after skaters of that level have registered.
- ⇒ ON -ICE / OFF-ICE—Our programs include both on and off ice classes (when possible) Which help the skater succeed in becoming an all round athlete. Please ensure your skater participates in the full experience. Fees for off ice are included in the registration fee
- ⇒ OFF-ICE SPACE & DRESSING ROOMS—Off-Ice training spaces and dressing rooms are for skaters only. Parents are not allowed in dressing rooms.
- ⇒ PAYMENT—Pay in full during registration OR—Deposit per session + 6 weekly payments—July 3 , 10, 17, 24, 31, Aug 7 . Payment must be arranged online.  
***\$25 Admin Fee charged for the second or more changes to invoice/ skater per season***
- ⇒ DISCOUNT (15%) for skaters skating 5+ full weeks of summer. (skating all days available to their level during the week) All programs must be included on the same invoice to receive the discount. No discount on Daycare option.
- ⇒ SKATERS CONTRACT —Parents & Skaters are expected to adhere to the HSC skaters contract and Codes of Conduct. The contracts will be sent with the weekly welcome message. These must be signed (understood by the skater) and handed in to your based coach on your first day of lessons . Skaters and/or parents who do not adhere to the Contract /Codes of Conduct may face disciplinary action from the club and/or section.
- ⇒ Programming Ice—M-T-W-F (HRM 4 Pad Arena weeks - Must be registered for a minimum of 3 days of the current week to utilize - Extra fee (8am—8:50 am)
- ⇒ Simulations THURS - July 6,13,20,27—Open to skaters registered in current week - Extra Fee (8:00–8:50 am)
- ⇒ ASSESSMENT DAY — for all Star 6+ assessments is tentatively scheduled for Week 7 Aug 14-18 at HRM 4 Pad (Thurs or Fri reserved for Assessments,)



**StarSkate**

**Summer 2023**

**StarSkate Academy  
Jr Academy**

	Dates	Locations	Theme
Week 1	July 3-7	HRM 4 Pad	Retro Week
Week 2	July 10-14	HRM 4 Pad	Multicultural week
Week 3	July 17-21	HRM 4 Pad	Colors Week
Week 4	July 24-28	HRM 4 Pad	A week of Holidays
Week 5*	July 31—Aug 4	Halifax Civic	Fun in the Sun
Week 6 **	Aug 8-11	HRM 4 Pad	No theme
Week 7***	Aug 14-18	Halifax Civic	Anything Goes week

Fun activities through the week for each theme—**Wednesday are Dress up Days**—  
Music to fit the theme on sessions, Trivia Days, games and events weekly. Watch for your weekly welcome email sent on Saturday mornings for details of the coming week events

**NO SKATING - Monday August 7th**

Week 5 & 7 \*                      Condensed schedule  
 Week 6\*\*                      Ice Only (9am-12noon)  
 Week 7\*\*\*                      Tentative Star 6+ Assessment Day  
 (Thursday or Friday Afternoon HRM 4 Pad—**Pending Approval**)



## SUMMER 2023

## HRM 4 pad (Weeks 1-4 & week 6)

## Halifax Civic Arena (Weeks 5 & 7)

### JUNIOR ACADEMY

Must be invited up to level

Available weeks 1,2,3,4,5,7 **NO CLASSES week 6**

Skaters will receive 45min on ice Professional instruction per day.

Additional Private lessons maybe arranged at additional fee

Afternoon Daycare available at an extra fee

8:00 - 8:45	Off Ice Jump	BRONZE / JR ACADEMY
	<b>SKATES ON</b>	
9:00 - 10:00	ON ICE	BRONZE/ JR ACADEMY
10:00 - 10:15	ON ICE	Jr A - Group Stroking
	<b>SKATES OFF / BREAK/ SNACK</b>	
11:00 - 11:45	Off Ice	JR ACADEMY

### AFTERNOON DAYCARE OPTION

We are pleased to offer a summer daycare option for families. To register please email [Halifaxskatingclub@gmail.com](mailto:Halifaxskatingclub@gmail.com) with the dates that care is required. An invoice will be created and must be paid in advanced of the care dates. **FEE: \$50 per week. Pick up no later then 5pm. Deadline** for adding your skater to Summer daycare option is **Thursday NOON the week before.** I.e. Daycare needed Week 2—Deadline Thursday July 6 NOON. *Minimum Numbers required*

- ♦ Skaters should pack healthy food and snack options for the long day. Remember we need the skaters to fuel their bodies appropriately for the day.
- ♦ Skaters should pack a water bottle (or 2) —refill station is available at HRM 4 pad
- ♦ Skaters with long hair must have their hair tied back and out of their face for all classes.
- ♦ Skaters must bring running sneakers, skipping rope and yoga mat for all off ice classes.
- ♦ Skaters should bring a minimum of 2 pairs of Mittens / gloves , and extra sweaters for all on ice sessions. The rink is still cold , even in the summer.
- ♦ JR ACADEMY Must wear a CSA approved skating helmet

### BRONZE

Must be invited up to level

Available weeks 1,2,3,4,5,7 Week 6—reduced schedule

All on ice private lessons to be arrange with your coaching team

Afternoon Daycare available at an extra fee

BRONZE Skaters only wishing one free skate may request and adjustment to invoice

8:00 - 8:45	Off Ice Jump	BRONZE / JR ACADEMY
	<b>SKATES ON / SNACK</b>	
9:00 - 9:45	Skills	BRONZE/ JR AC
9:45 - 10:00	Free	BRONZE/ JR AC
10:00 - 10:15	Dance	BRONZE/ JR AC
	<b>FLOOD SNACK</b>	
10:25 - 11:10	Free	BRONZE
11:10- 11:25	Stroking * week 5. & 7—10min only	BRONZE/SILVER
	<b>SKATES OFF / BREAK / SNACK</b>	
11:45 - 12:45	Off Ice	BRONZE

### WEEK 6 REDUCED SCHEDULE TUESDAY—FRIDAY (HRM 4 Pad)

SESSION A—BRONZE / SILVER Skaters

SESSION B—SILVER / GOLD Skaters

Space permitting GOLD skaters may skate early session, SILVER skaters can choose either session or both

9:00 - 9:15	SESSION A—Skills	BRONZE / SILVER
9:15 - 10:05	SESSION A—Free	BRONZE / SILVER
10:05 - 10:20	SESSION A—Dance	BRONZE / SILVER
	<b>FLOOD</b>	
10:30 - 11:50	SESSION B—Open	SILVER / GOLD



## SUMMER 2023 SCHEDULE - WEEKS 1,2,3,4 - HRM 4 PAD

### SILVER

Must be invited up to level

Available weeks 1,2,3,4,5,7 Week 6—reduced schedule

All on ice private lessons to be arrange with your coaching team

Passed a minimum of two—Star 3+ assessments , Working on Star 4-6

Pre-Juvenile and/or working on Axel and low double jumps

Skaters/Coaches choose which stroking session best matches their skill set

*SEE NEXT PAGE for schdule -Week 5 & 7 at Halifax Civic Arena. Week 6 on Previous page*

#### SCHEDULE FOR WEEKS 1-4 HRM 4 Pad

10:00-11:00	Off Ice	SILVER / GOLD
<b>SKATES ON / SNACK</b>		
11:10- 11:25	Stroking (Star 1-5 skills)	BRONZE / Low SILVER
11:25 - 11:35	Spin	SILVER / GOLD
11:35 - 11:50	Group Coach	SILVER / GOLD
<b>FLOOD</b>	<b>SNACK</b>	
12:00 - 12:45	Free	SILVER / GOLD
12:45 - 1:10	Skills / Dance	SILVER / GOLD
<b>FLOOD</b>	<b>SNACK</b>	
1:20 - 2:05	Free	SILVER / GOLD
2:05 - 2:20	Stroking (Star 5+ skills)	High SILVER/ GOLD
<b>SKATES OFF</b>		
2:30-3:00	Off Ice Jump	SILVER / GOLD

### GOLD

Must be invited up to level

Available weeks 1,2,3,4,5,7 Week 6—reduced schedule

All on ice private lessons to be arrange with your coaching team

Passed a minimum of two Star 6+ assessments, Star 6+/Juvenile+

Working on all doubles and triples

**High Silver: Silver requirements and** - landing at least 1 double and/or working on Star 7+ dance and/or skills

*SEE NEXT PAGE for schdule Week 5 & 7 at Halifax Civic Arena. Week 6 on Previous page*

#### SCHEDULE FOR WEEKS 1-4 HRM 4 Pad

10:00-11:00	Off Ice	SILVER / GOLD
<b>SKATES ON / SNACK</b>		
11:25 - 11:35	Spin	SILVER / GOLD
11:35 - 11:50	Group Coach	SILVER / GOLD
<b>FLOOD</b>	<b>SNACK</b>	
12:00 - 12:45	Free	SILVER / GOLD
12:45 - 1:10	Skills / Dance	SILVER / GOLD
<b>FLOOD</b>	<b>SNACK</b>	
1:20 - 2:05	Free	SILVER / GOLD
2:05 - 2:20	Stroking	SILVER/ GOLD
<b>SKATES OFF</b>		
2:30-3:00	Off Ice Jump	SILVER / GOLD



## SUMMER 2023 SCHEDULE - WEEKS 5 & 7 Halifax Civic Arena

### SILVER

Must be invited up to level

Available weeks 1,2,3,4,5,7 Week 6—reduced schedule

All on ice private lessons to be arrange with your coaching team

Passed a minimum of two—Star 3+ assessments , Working on Star 4/6/

Pre-Juvenile and/or working on Axel and low double jumps

Skaters/Coaches choose which stroking session best matches their skill set

#### SCHEDULE FOR WEEKS 5 & 7 Halifax Civic Arena

10:00-11:00	Off Ice	SILVER / GOLD
-------------	---------	---------------

#### SKATES ON / SNACK

11:10- 11:20	Stroking	All levels
--------------	----------	------------

FLOOD	SNACK	
-------	-------	--

11:30-12:15	Free	SILVER/GOLD
-------------	------	-------------

12:15—12:30	Group Coach	SILVER / GOLD
-------------	-------------	---------------

FLOOD	SNACK	
-------	-------	--

12:40-1:30	Free	SILVER / GOLD
------------	------	---------------

1:30-1:50	Skills/Dance	SILVER / GOLD
-----------	--------------	---------------

#### SKATES OFF/ SNACK

2:10 - 3:00	Off Ice Jump / Stretch	SILVER / GOLD
-------------	------------------------	---------------

### GOLD

Must be invited up to level

Available weeks 1,2,3,4,5,7 Week 6—reduced schedule

All on ice private lessons to be arrange with your coaching team

Passed a minimum of two Star 6+ assessments, Star 6+/Juvenile+

Working on all doubles and triples

**High Silver: Silver requirements and** - landing at least 1 double and/or working on Star 7+ dance and/or skills

#### SCHEDULE FOR WEEKS 5 & 7 Halifax Civic Arena

10:00-11:00	Off Ice	SILVER / GOLD
-------------	---------	---------------

#### SKATES ON / SNACK

11:10- 11:20	Stroking	All levels
--------------	----------	------------

FLOOD	SNACK	
-------	-------	--

11:30-12:15	Free	SILVER/GOLD
-------------	------	-------------

12:15—12:30	Group Coach	SILVER / GOLD
-------------	-------------	---------------

FLOOD	SNACK	
-------	-------	--

12:40-1:30	Free	SILVER / GOLD
------------	------	---------------

1:30-1:50	Skills/Dance	SILVER / GOLD
-----------	--------------	---------------

#### SKATES OFF/ SNACK

2:10 - 3:00	Off Ice Jump / Stretch	SILVER / GOLD
-------------	------------------------	---------------