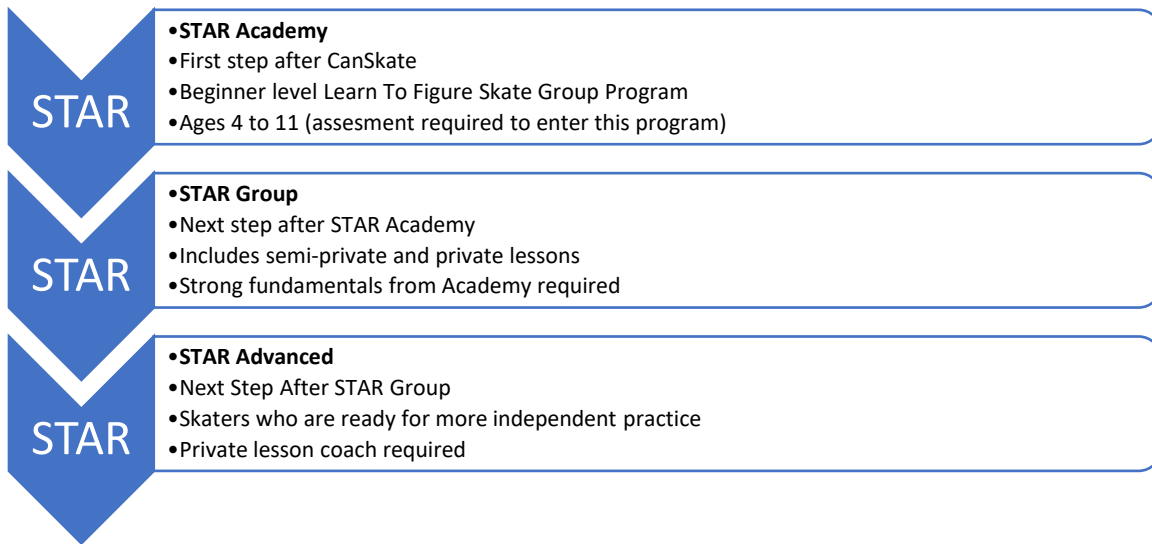


# Welcome To STARSkate

The Fliteway STARSkate Program has 7 different levels. The levels are in sequential order as outlined below.



## Junior STARSkate

This is the starting point for skaters just moving up from the STAR 1 group or advanced. Skaters entering this program require a base coach and are required to take private/semi-private lessons. Lessons are an additional charge and are paid directly to the professional coach. In the Junior STARSkate Program, athletes will continue to develop all the basic skating fundamentals through our grassroots to champions training system. STAR 1-2-3 level

## Intermediate B STARSkate

This is for skaters that have progressed past a Junior STARSkate level and are capable of handling a more challenging training schedule. STAR 3-4-5 level

## Intermediate A STARSkate

Intermediate A is for skaters who are advanced enough to handle skating some sessions with Senior STARSkate. Skaters must have approval by the director before registering in Intermediate A. STAR 5 or higher

## Senior STARSkate

Senior STARSkate is an advanced program for higher level skaters. Fliteway provides a comprehensive training schedule suited to meet the needs of both high level test skaters, and those inspiring to reach their full potential competitively. Skaters must have approval by the director before registering into the Senior program. Junior Silver Freeskate or higher.

### Important Notice

We highly recommend and encourage that skaters remain in the appropriate categories as outline above. Moving up to a higher category too early can often be overwhelming during advanced edge and stroking sessions. Without the proper skating foundation, skaters will develop bad habits and become frustrated that they can't perform the skills. Your coach will recommend when you are ready for the next level.

# STAR Group

April to August

## STAR Group (April 1<sup>st</sup> to May 24<sup>th</sup>)

<ul style="list-style-type: none"> <li>*210.00 per/month (April/May)</li> <li>*includes 3-thirty minute semi-private lessons</li> <li>*1 private lesson</li> <li>*choose any 4 days</li> </ul>	The next step after STAR Academy. Includes all off-ice classes, group time, <u>semi private</u> lessons and 1 private lesson.
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## STAR Group (April to May Schedule)

Mondays	Tuesdays	Wednesdays	Thursdays	Saturdays
5:00-5:45pm On-ice 5:45-6:15pm Group 6:30-7:00pm Off-ice	5:00-5:45pm On-ice 6:00-6:30pm Off-ice	5:00-5:30pm Off-ice 5:45-6:30pm On-ice	5:00-5:45pm On-ice 6:00-6:30pm Off-ice	10:45-11:15am Off-ice 11:30-12:15pm On-ice

**No Skating:** April 4,5,13,19,20,22 May 20

Special Events: Club Development Seminar (April 13,14) / May 11<sup>th</sup> (Performance Day, STAR 1 & 2)

## June Camp (June 17 to 28)

<ul style="list-style-type: none"> <li>*\$80.00 for the 2 weeks</li> <li>*includes daily semi private lessons</li> <li>*1 private lesson</li> </ul>	<b>Monday/Wednesday/Friday</b> 5:45-6:30pm On-ice 6:45-7:15pm Off-ice
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Skating Days: June 17,19,21, 24,26,28

## STAR Group Summer Camps (July/August, 2019)

Castle Downs Arena

Camp	Days	Time	Dates	Classes	Price
Camp 1	Tue-Thurs	5:15-6:45pm	July 2,3,4	3 Classes	\$60.00
Camp 2	Mon-Thurs	5:15-6:45pm	July 8,9,10,11	4 Classes	\$80.00
Camp 3	Mon-Thurs	5:15-6:45pm	July 15,16,17,18	4 Classes	\$80.00
Camp 4	Mon-Thurs	5:15-6:45pm	July 22,23,24,25	4 Classes	\$80.00
Camp 5	Mon-Thurs	5:15-6:45pm	July 29,30,31 Aug 1	4 Classes	\$80.00
Camp 6	Tue-Thurs	5:15-6:45pm	Aug 6,7,8	3 Classes	\$60.00

Includes private and/or semi private lessons depending on numbers

## Full Skating Package (April to August)

Skate from April 1<sup>st</sup> to August 31 for only 5 payments of \$170.00 per/month  
(\$100.00 discount)

## STAR Advanced

<ul style="list-style-type: none"> <li>*182.00 per/month (April/May)</li> <li>*4 days a week commitment (5<sup>th</sup> day free)</li> <li>*1 hour of semi-private lessons</li> <li>*private lessons not included / additional charge</li> <li>*recommended: minimum. 2 private lessons per/week</li> </ul>	The next step after STAR Group Includes all off-ice classes, group time, 1 hour of semi private lessons
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## STAR Advanced (April to May Schedule)

Mondays	Tuesdays	Wednesdays	Thursdays	Saturdays
5:00-5:45pm On-ice 5:45-6:15pm Group 6:30-7:00pm Off-ice	4:15-5:00pm On-ice 5:05-5:45pm Ballet	5:00-5:30pm Off-ice 5:45-6:30pm On-ice	4:15-5:00pm On-ice 5:15-5:45pm Off-ice	10:45-11:00am Off-ice 11:15-11:30am Group 11:30-12:15pm On-ice

No Skating: April 4,5,13,19,20,22 May 20

Special Events: Club Development Seminar (April 13,14) / May 11<sup>th</sup> (Performance Day, STAR 1 & 2)

## June Camp (June 17 to 28)

<ul style="list-style-type: none"> <li>*\$75.00 for the 2 weeks</li> <li>*includes daily semi private lessons (private lessons additional charge)</li> </ul>	<b>Monday/Wednesday/Friday</b> 5:45-6:30pm On-ice 6:45-7:15pm Off-ice
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Skating Days: June 17,19,21, 24,26,28

## STAR Advanced Summer Camps (July/August, 2019)

Castle Downs Arena

Camp	Days	Time	Dates	Classes	Price
Camp 1	Tue-Thurs	5:15-6:45pm	July 2,3,4	3 Classes	\$60.00
Camp 2	Mon-Thurs	5:15-6:45pm	July 8,9,10,11	4 Classes	\$80.00
Camp 3	Mon-Thurs	5:15-6:45pm	July 15,16,17,18	4 Classes	\$80.00
Camp 4	Mon-Thurs	5:15-6:45pm	July 22,23,24,25	4 Classes	\$80.00
Camp 5	Mon-Thurs	5:15-6:45pm	July 29,30,31 Aug 1	4 Classes	\$80.00
Camp 6	Tue-Thurs	5:15-6:45pm	Aug 6,7,8	3 Classes	\$60.00

Includes private and/or semi-private lessons depending on numbers

## Full Skating Package (April to August)

Skate from April 1<sup>st</sup> to August 31 for only 5 payments of \$156.00 per/month  
(\$100.00 discount)

# Spring STARSkate Schedule

April 1<sup>st</sup> to May 24<sup>th</sup> 2019

Senior STARSkate	Intermediate A STARSkate	Intermediate B STARSkate	Junior STARSkate
<b>Monday</b> 5:15-5:45pm Off-ice 5:50-6:30pm CanSkate 6:45-8:00pm Freeskate	<b>Monday</b> 5:15-5:45pm Off-ice 5:50-6:30pm CanSkate 6:45-8:00pm Freeskate	<b>Monday</b> 4:00-5:00pm Freeskate 5:15-5:45p Off-ice	<b>Monday</b> 4:15-5:00pm Freeskate 5:15-5:45p Off-ice
<b>Tuesday</b> 5:50-6:35pm Off-ice 5:45-6:30pm CanSkate 6:45-7:30pm Freeskate 7:30-7:45pm Flood 7:45-8:30pm Freeskate	<b>Tuesday (Arena B)</b> 4:45-5:45pm Freeskate 5:50-6:35pm Off-ice	<b>Tuesday (Arena B)</b> 4:45-5:45pm Freeskate 5:50-6:35pm Off-ice	<b>Tuesday (Arena B)</b> 4:15-5:00pm Freeskate 5:50-6:35pm Off-ice
<b>Wednesday</b> 3:45-4:30pm Freeskate 4:30-4:45pm Flood 4:45-5:30pm Freeskate 5:45-6:15pm Off-ice	<b>Wednesday</b> 4:45-5:30pm Freeskate 5:45-6:15pm Off-ice 6:30-7:15pm Freeskate	<b>Wednesday</b> 5:45-6:15pm Off-ice 6:30-7:15pm Freeskate	<b>Wednesday</b> 5:00-5:45pm Freeskate 6:00-6:30pm Off-ice
<b>Thursday</b> 6:45-7:30pm Freeskate 7:30-7:45pm Flood 7:45-8:30pm Freeskate	<b>Thursday (Arena B)</b> 4:45-5:45pm Freeskate	<b>Thursday (Arena B)</b> 4:45-5:45pm Freeskate	<b>Thursday (Arena B)</b> 4:15-5:00pm Freeskate 5:15-5:45p Off-ice
<b>Friday</b> 3:45-4:30pm Freeskate 4:30-4:45pm Flood 4:45-5:30pm Freeskate 5:30-5:45pm Group 6:00-6:30pm Off-ice	<b>Friday</b> 3:45-4:30pm Freeskate 4:30-4:45pm Flood 4:45-5:30pm Freeskate 5:30-5:45pm Group 6:00-6:30pm Off-ice	<b>Friday</b> 5:15-5:45pm Off-ice 6:00-6:15pm Group 6:15-7:00pm Freeskate 7:00-7:15pm Skills/Dance	<b>Friday</b> 5:15-5:45pm Off-ice 6:00-6:15pm Group 6:15-7:00pm Freeskate 7:00-7:15pm Skills/Dance
<b>Saturday</b> 8:00-8:45am Freeskate 8:45-9:00am Flood 9:00-9:45am Freeskate 9:45-10:15am Group 10:30-11:30am Off-ice	<b>Saturday</b> 9:00-9:45am Freeskate 9:45-10:15am Group 10:30-11:30am Off-ice	<b>Saturday</b> 10:30-11:15am Freeskate 11:15-11:30am Group 11:45-12:15pm Off-ice	<b>Saturday</b> 10:30-11:15am Freeskate 11:15-11:30am Group 11:45-12:15pm Off-ice

## Pair Academy Schedule

<b>Tuesdays (Arena B)</b> 4:00-4:45pm Pairs	<b>Thursdays (Arena B)</b> 4:00-4:45pm Pairs	<b>Saturday</b> 12:15-1:15pm Pairs
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\*Tuesday and Thursdays we will be skating on both Arena A and Arena B

### NO SKATING DATES

April 4,5,13,19,20,22, May 20

\*April 6<sup>th</sup> (Saturday) is at Londonderry Arena

### Fliteway/Derrick Skating Excellence Seminar

April 13<sup>th</sup> -14<sup>th</sup> (Clareivew Arena)

### Sunsational Competition

April 19<sup>th</sup> to 22<sup>nd</sup>

## June High Performance Camp Schedule (June 10<sup>th</sup> to 13<sup>th</sup>)

Open to Intermediate A and Senior Level skaters only!

### Senior STARSkate / Intermediate A STARSkate

<p style="text-align: center;"><b>Monday To Thursday</b></p> <p>3:45-4:15pm Independent Warm-up          4:30-5:15pm Freeskate          5:15-5:30pm Spins          5:30-5:45pm Flood          5:45-6:30pm Freeskate          6:30-7:00pm Group</p>	<p style="text-align: center;"><b>Pairs Academy</b></p> <p>Wednesday Mornings June 12,19,26          6:30-7:30am</p>
<p>June 10,11,12,13</p>	

## June Camp Schedule (June 17<sup>th</sup> to 28<sup>th</sup>)

Senior STARSkate	Intermediate A STARSkate	Intermediate B STARSkate	Junior STARSkate
<p style="text-align: center;"><b>Monday To Friday</b></p> <p>5:30-6:15pm Off-ice          6:30-7:45pm Freeskate          7:45-8:00pm Group</p>	<p style="text-align: center;"><b>Monday To Friday</b></p> <p>5:30-6:15pm Off-ice          6:30-7:45pm Freeskate          7:45-8:00pm Group</p>	<p style="text-align: center;"><b>Monday To Friday</b></p> <p>4:00-5:00pm Freeskate          5:00-5:15pm Spins          5:15-5:30pm Group</p>	<p style="text-align: center;"><b>Monday To Friday</b></p> <p style="background-color: yellow;">4:00-4:15pm IDW</p> <p>4:30-5:15pm Freeskate          5:15-5:30pm Group</p>
<p>June Camp 1, June 17,18,19,20,21 June Camp #2 June ,24,25,26,27,28</p>			

IDW=Independent Warm-up

## Summer Camp Schedule (July 2<sup>nd</sup> to August 9<sup>th</sup>)

Senior STARSkate	Intermediate A STARSkate	Intermediate B STARSkate	Junior STARSkate
<p style="text-align: center;"><b>Monday To Thursday</b></p> <p>1:15-2:00pm Freeskate          2:00-2:15pm Spins          2:15-2:30pm Flood          2:30-3:00pm Off-ice          3:30-4:15pm Freeskate          4:15-4:45pm Group          4:45-5:00pm Skills/Dance          *pairs-12:15-1:00pm</p> <p style="text-align: center;"><b>Fridays</b></p> <p>8:00-8:30am Simulations          8:30-9:15am Freeskate          9:15-9:30am Flood          9:30-10:15am Freeskate</p>	<p style="text-align: center;"><b>Monday To Thursday</b></p> <p>1:45-2:15pm Off-ice          2:30-3:15pm Freeskate          3:45-4:30pm Freeskate          4:30-4:45pm Skills/Dance          4:45-5:15pm Group          *pairs 12:15-1:00pm</p> <p style="text-align: center;"><b>Fridays</b></p> <p>9:30-10:15am Freeskate          10:30-11:00am Simulations          11:00-12:00pm Freeskate</p>	<p style="text-align: center;"><b>Monday To Thursday</b></p> <p>1:45-2:15pm Off-ice          2:30-3:15pm Freeskate          3:45-4:30pm Freeskate          4:30-4:45pm Skills/Dance          4:45-5:15pm Group</p> <p style="text-align: center;"><b>Fridays</b></p> <p>10:30-11:00am Simulations          11:00-12:00pm Freeskate</p>	<p style="text-align: center;"><b>Monday To Thursday</b></p> <p>4:15-4:30pm IWU          4:45-5:15pm Group on B          5:15-6:00pm Freeskate          6:15-6:45pm Off-ice</p> <p style="text-align: center;"><b>Fridays</b></p> <p>11:00-12:00pm Freeskate</p>

# ***Pair Academy Schedule(s)***

## ***Pair Academy Spring Schedule (April 1<sup>st</sup> to May 24<sup>th</sup>)***

<b>Tuesdays (Arena B)</b> 4:00-4:45pm Pairs	<b>Thursdays (Arena B)</b> 4:00-4:45pm Pairs	<b>Saturday</b> 12:15-1:15pm Pairs
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## ***Pair Academy June Schedule (June 12<sup>th</sup> ,19<sup>th</sup> ,26<sup>th</sup>)***

<b>Wednesday (June 12<sup>th</sup>)</b> 6:30-7:30am	<b>Wednesday (June 19<sup>th</sup>)</b> 6:30-7:30am	<b>Wednesday (June 26<sup>th</sup>)</b> 6:30-7:30am
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## ***Pair Academy Summer Schedule (July 2<sup>nd</sup> to August 9<sup>th</sup>)***

<b>Monday to Thursday</b> 12:30-1:15pm	<b>Pairs Off-ice</b> Mondays & Wednesdays from 11:30-12:00pm (lifts) Fridays (Weight Training)
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## 2019 STARSKate Member Registration Form (April to August)

All skaters are required to hand in this form:      **Skater's Name:** \_\_\_\_\_

### **April to August Skating Days** (please circle the days you will be skating)

Spring Week 1	April 1,2,3,6	No Skating April 4,5 <sup>th</sup>	
Spring Week 2	April 8,9,10,11,12	Fliteway Seminar April 13-14 <sup>th</sup>	
Spring Week 3	April 15,16,17,18	Sunsational Competition	
Spring Week 4	April 23,24,25,26,27	No Skating April 22 <sup>nd</sup>	
Spring Week 5	April 29,30 May 1,2,3,4		
Spring Week 6	May 6,7,8,9,10,11	Performance Day May 11 <sup>th</sup> (Amended Schedule)	
Spring Week 7	May 13,14,15,16,17,18		
Spring Week 8	May 21,22,23,24	No Skating May 20 <sup>th</sup> /Test Day May 24 <sup>th</sup>	
OFF SEASON	May 25 <sup>th</sup> to June 9 <sup>th</sup>	Fliteway Off Season (No Skating)	
June HP Camp	June. 10,11,12,13	High Performance Camp	
June Camp 1	June 17,18,19,20,21	June Camp	
June Camp 2	June 24,25,26,27,28	June Camp	
Summer Camp 1	July 2,3,4,5	No Skating July 1 <sup>st</sup>	
Summer Camp 2	July 8,9,10,11,12		
Summer Camp 3	July 15,16,17,18,19		
Summer Camp 4	July 22,23,24,25,26		
Summer Camp 5	July 29,30, 31 Aug 1,2	Wildrose Competition Aug.1 to 5 <sup>th</sup>	
Summer Camp 6	August 6,7,8,9	No Skating August 5 <sup>th</sup> / Test Day Aug. 9 <sup>th</sup>	
BC -Extra	August 12-13	Open	
Special Event	August 11	Family Fun Festival	
Fall Camp	August 26,27,28,29,30	Schedule TBA	
<b>AM Ice</b>	<b>June 12,19,26</b>	<b>Pair Academy / Intermediate/Senior</b>	

Packages	Junior	Int. B	Int. A	Senior
HP Camp	NA	NA	\$80.00	\$80.00
June Camp 1	\$50.00	\$65.00	\$100.00	\$100.00
June Camp 2	\$50.00	\$65.00	\$100.00	\$100.00
July Camp 1	\$64.00	\$80.00	\$86.00	\$92.00
July Camp 2	\$80.00	\$101.00	\$107.00	\$115.00
July Camp 3	\$80.00	\$101.00	\$107.00	\$115.00
July Camp 4	\$80.00	\$101.00	\$107.00	\$115.00
July Camp 5	\$80.00	\$101.00	\$107.00	\$115.00
July Camp 6	\$64.00	\$80.00	\$86.00	\$92.00
August 12 <sup>th</sup>	NA	\$15.00	\$15.00	\$15.00
August 13 <sup>th</sup>	NA	\$15.00	\$15.00	\$15.00
<b>TOTAL</b>	<b>\$</b>	<b>TOTAL</b>	<b>\$</b>	<b>TOTAL</b>
				<b>\$</b>

### 3 Month Packages (Includes June, July, August) -pay 1 price, skate as much as you want

<u>Junior STAR</u>	<u>Intermediate B</u>	<u>Intermediate A</u>	<u>Senior STAR</u>
\$146.00 per/month 20% Discount	\$193.00 per/month 20% Discount	\$243.00 per/month 20% Discount	254.00 per/month 20% Discount

**(Register online or with Michelle during office hours)**

**2019 STAR Group/Advanced Registration Form (April to August)**

**All skaters are required to hand in this form: Skater's Name: \_\_\_\_\_**

***April to August Skating Days***

Spring Week 1	April 1,2,3,6	No Skating April 4,5 <sup>th</sup>	
Spring Week 2	April 8,9,10,11	Fliteway Seminar April 13-14 <sup>th</sup>	
Spring Week 3	April 15,16,17,18	Sunsational Competition	
Spring Week 4	April 23,24,25,27	No Skating April 22 <sup>nd</sup>	
Spring Week 5	April 29,30 May 1,2,4		
Spring Week 6	May 6,7,8,9,10,11	Performance Day May 11 <sup>th</sup> (Amended Schedule)	
Spring Week 7	May 13,14,15,16,18		
Spring Week 8	May 21,22,23	No Skating May 20 <sup>th</sup> /Test Day May 24 <sup>th</sup>	
OFF SEASON	May 25 <sup>th</sup> to June 9 <sup>th</sup>	Fliteway Off Season (No Skating)	
June Camp	June 17,19,21,24,26,28		
Summer Camp 1	July 2,3,4	No Skating July 1 <sup>st</sup>	
Summer Camp 2	July 8,9,10,11		
Summer Camp 3	July 15,16,17,18		
Summer Camp 4	July 22,23,24,25		
Summer Camp 5	July 29,30, 31 Aug 1		
Summer Camp 6	August 6,7,8	No Skating August 5 <sup>th</sup>	
Special Event	August 11	Family Fun Festival	
Fall Camp	August 26,27,28,29,30	Schedule TBA	

STAR Packages	Group	Advanced		
		NA		
Spring	\$420.00	\$364.00		
June Camp	\$80.00	\$75.00		
July Camp 1	\$60.00	\$60.00		
July Camp 2	\$80.00	\$80.00		
July Camp 3	\$80.00	\$80.00		
July Camp 4	\$80.00	\$80.00		
July Camp 5	\$80.00	\$80.00		
July Camp 6	\$60.00	\$60.00		
<b>TOTAL</b>	<b>\$</b>	<b>TOTAL</b>	<b>\$</b>	

**5 Month Packages (Includes April, May, June, July, August) -pay 1 price, skate as much as you want**

<b>STAR Group</b> <b>\$170.00 per/month</b> Save \$100.00	<b>STAR Advanced</b> <b>\$156.00 per/month</b> Save \$100.00
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**(Register online or with Michelle during office hours)**

Spring is divided into 2 payments if **not** registering for the full 5 month package!