

2022-2023 STARSkate Schedule

SENIOR

INTERMEDIATE A

INTERMEDIATE B

JUNIOR

<p style="text-align: center;">Monday (GTA)</p> <p>2:45-3:30pm Freeskate 3:30-4:30pm FreeSkate</p> <p>Option #2</p> <p>6:30-7:00pm Off-ice 7:15-8:30pm Freeskate</p>	<p style="text-align: center;">Monday (GTA)</p> <p>2:45-3:30pm Freeskate 3:30-4:30pm FreeSkate</p> <p>Option #2</p> <p>6:30-7:00pm Off-ice 7:15-8:30pm Freeskate</p>	<p style="text-align: center;">Monday (GTA)</p> <p>4:00-4:30pm Off-ice 4:45-5:30pm Freeskate</p> <p>Option #2</p> <p>6:30-7:00pm Off-ice 7:15-8:00pm Freeskate</p>	<p style="text-align: center;">Monday (GTA)</p> <p>4:00-4:30pm Off-ice 4:45-5:30pm Freeskate</p>
<p style="text-align: center;">Tuesday (CDA)</p> <p>2:45-3:30pm Freeskate 3:45-5:00pm Freeskate 5:00-5:15pm Stroking 5:20-6:05pm Off-ice Dance</p> <p>Option #2</p> <p>6:00-6:45pm Off-ice Dance 7:00-7:45pm Freeskate</p>	<p style="text-align: center;">Tuesday (CDA)</p> <p>2:45-3:30pm Freeskate 3:45-5:00pm Freeskate 5:00-5:15pm Stroking 5:20-6:05pm Off-ice Dance</p> <p>Option #2</p> <p>6:00-6:45pm Off-ice Dance 7:00-7:45pm Freeskate</p>	<p style="text-align: center;">Tuesday (CDA)</p> <p>6:00-6:45pm Off-ice Dance 7:00-7:45pm Freeskate</p>	<p style="text-align: center;">Tuesday (CDA)</p> <p>6:00-6:45pm Off-ice Dance 7:00-7:45pm Freeskate</p>
<p style="text-align: center;">Wednesday (CDA)</p> <p>6:30-7:30am Freeskate 2:45-3:45pm Freeskate 4:00-5:00pm Freeskate 5:00-5:15pm Stroking 5:30-6:00pm Off-ice Jumps</p>	<p style="text-align: center;">Wednesday (CDA)</p> <p>6:30-7:30am Freeskate 4:00-5:00pm Freeskate 5:00-5:15pm Stroking 5:30-6:00pm Off-ice Jumps</p>	<p style="text-align: center;">Wednesday CDA)</p> <p>4:30-5:00pm Off-ice Jumps 5:15-6:00pm Freeskate 6:00-6:15pm Stroking</p>	<p style="text-align: center;">Wednesday CDA)</p> <p>4:30-5:00pm Off-ice Jumps 5:15-6:00pm Freeskate 6:00-6:15pm Stroking</p>
<p style="text-align: center;">Thursday (CDA)</p> <p>1:45-2:45pm Freeskate 3:00-3:45pm Freeskate 4:00-4:45pm Freeskate 5:00-5:45pm Off-ice Fitness</p>	<p style="text-align: center;">Thursday (CDA)</p> <p>3:00-3:45pm Freeskate 4:00-4:45pm Freeskate 5:00-5:45pm Off-ice Fitness</p>	<p style="text-align: center;">Thursday (CDA)</p> <p>4:00-4:45pm Freeskate 5:00-5:45pm Off-ice Fitness</p>	<p style="text-align: center;">Thursday (CDA)</p> <p>4:45-5:30pm Freeskate 5:30-5:45pm Stroking 6:00-6:45pm Off-ice Fitness</p>
<p style="text-align: center;">Friday (CDA)</p> <p>6:30-7:30am Freeskate</p>	<p style="text-align: center;">Friday (CDA)</p> <p>6:30-7:30am Freeskate</p>	<p style="text-align: center;">Friday (CDA)</p> <p>6:30-7:30am Freeskate</p>	
<p style="text-align: center;">Saturday (GGA)</p> <p>1:45-2:00pm Stroking 2:00-3:00pm Freeskate</p>	<p style="text-align: center;">Saturday (GGA)</p> <p>12:15-1:00pm Freeskate 1:00-1:15pm Stroking</p>	<p style="text-align: center;">Saturday (GGA)</p> <p>12:15-1:00pm Freeskate 1:00-1:15pm Stroking</p>	<p style="text-align: center;">Saturday (GGA)</p> <p>12:15-1:00pm Freeskate 1:00-1:15pm Stroking</p>
<p style="text-align: center;">Sunday (GTA)</p> <p>9:15-10:00am Freeskate 10:15-11:00am Freeskate 11:00-11:15am Stroking 11:30-12:00pm Off-ice</p>	<p style="text-align: center;">Sunday (GTA)</p> <p>9:15-10:00am Freeskate 10:15-11:00am Freeskate 11:00-11:15am Stroking 11:30-12:00pm Off-ice</p>	<p style="text-align: center;">Sunday (GTA)</p> <p>10:15-10:45am Off-ice 11:00-11:15am Stroking 11:15-12:00pm Freeskate</p>	<p style="text-align: center;">Sunday (GTA)</p> <p>10:15-10:45am Off-ice 11:00-11:15am Stroking 11:15-12:00pm Freeskate</p>

CDA=Castle Downs Arena / GTA=Grand Trunk Arena / GGA=Glengarry Arena

Option Sessions: Keeping in mind that some members can't make the earlier skating time, some days offer 2 different skating options (times)