

Fliteway April to August STARSkate Programming Information 2023

Registration/Information Sheet

Registration/information sheets are due by March 31st **NEW: (google doc form)**. It is OK if you have to make changes. We need a rough idea of numbers.

April/May

Fees are included in your 9-month package. No additional payments required

3 Month Package (June/July/August)

If you are planning on skating for most of June, July, and August, the fees are divided into 3 equal payments starting the first of each month (June 1st, July 1st, August 1st) The 15% discount has already been applied to the 3-month package fees. **Note:** We added an addition week to summer school this season.

Flex Option

If you are not able to make the scheduled times, please indicate on the info/registration sheet. We can't make any promises, but we will do our best to accommodate your requests.

Registration

Register On-Line through our Uplifter Account. If you require assistance, please see Michelle.

Fall Camp

August 28,29,30 (Castle Downs Arena). The fall camp is not include in this package and will be available as part of the 2023-2024 winter programming.

Skating Level

Please see the attached skater level recommendation sheet. If you have any questions, please talk to your base coach.

STARSkate April/May 2023

Castle Downs Arena

JUNIOR	INTERMEDIATE B	INTERMEDIATE A	SENIOR
Mondays 6:15-7:00pm On-ice 7:00-7:15pm Stroking 7:30-8:00pm Off-ice	Mondays 6:15-6:45pm Off-ice 7:00-7:15pm stroking 7:15-8:00pm On-ice	Mondays 6:15-6:45pm Off-ice 7:00-7:15pm stroking 7:15-8:00pm On-ice	Mondays 2:45-3:45pm On-ice 4:00-5:15pm On-ice 5:30-6:00pm Off-ice
Tuesdays 6:00-6:45pm Off-ice 7:00-8:00pm On-ice	Tuesdays 6:00-6:45pm Off-ice 7:00-8:00pm On-ice	Tuesdays 4:00-4:15pm Stroking 4:15-5:15pm On-ice 5:20-6:00pm Off-ice	Tuesdays 2:45-3:45pm On-ice 4:00-4:15pm Stroking 4:15-5:15pm On-ice 5:20-6:00pm Off-ice
Wednesdays 4:00-4:30pm Off-ice 4:45-5:30pm On-ice	Wednesdays 4:00-4:30pm Off-ice 4:45-5:30pm On-ice	Wednesdays 5:00-5:30pm Off-ice 5:45-6:45pm On-ice	Wednesdays 2:45-3:45pm On-ice 5:00-5:30pm Off-ice 5:45-6:45pm On-ice
Thursdays 4:30-5:15pm On-ice 5:30-6:00pm Off-ice	Thursdays 4:15-5:00pm On-ice 5:30-6:00pm Off-ice	Thursdays 1:45-2:30pm On-ice 2:45-3:30pm On-ice 3:45-4:30pm On-ice 4:45-5:30pm Off-ice *Choose 2 On-Ice Sessions	Thursdays 1:45-2:30pm On-ice 2:45-3:30pm On-ice 3:45-4:30pm On-ice 4:45-5:30pm Off-ice *Choose 2 On-Ice Sessions
Fridays 6:30-7:30AM AM ice option!	Fridays 6:30-7:30AM On-ice AM ice option!	Fridays 6:30-7:30AM On-ice 4:00-5:00pm On-ice 5:00-5:45pm On-ice 5:45-6:00pm Stroking	Fridays 6:30-7:30AM On-ice 4:00-5:00pm On-ice 5:00-5:45pm On-ice 5:45-6:00pm Stroking
Saturdays 10:00-10:30am Stroking 10:30-11:15am On-ice 11:15-11:30am Spins 11:30-11:45am Skills/Dance	Saturdays 10:00-10:30am Stroking 10:30-11:15am On-ice 11:15-11:30am Spins 11:30-11:45am Skills/Dance	Saturdays 12:00-12:30pm Stroking 12:30-1:30pm On-ice	Saturdays 12:00-12:30pm Stroking 12:30-1:30pm On-ice
Early Morning Ice 6:30-7:30am Fridays			
Pair Academy	Wednesdays 4:00-4:45pm	Saturdays 1:30-2:30pm	

WEEKS	DATES	NOTES
Spring Week #1	April 3,4,5	
Spring Week #2	April 10,11,12,13,14,15	
Spring Week #3	April 17,18,19,20	SunSational Competition (April 21-23)
Spring Week #4	April 24,25,26,27,28,29	
Spring Week #5	May 1,2,3,4,5,6	
Spring Week #6	May 8,,10,11,12	May 14 (Fliteway Seminar)
Spring Week #7	May 15,16,18,19	Test Day May 17 (tentative)
Off Season	May 20-28	No Skating

June StarSkate Programming 2023

June High Performance (HP) Camp Schedule (May 29th to June 8th)

Intermediate A/Senior ONLY

Monday	Tuesday	Wednesday	Thursday
3:00-4:00pm On-ice 4:15-5:15pm On-ice 5:30-6:30pm On-ice	3:00-4:00pm On-ice 4:15-5:15pm On-ice 5:30-6:30pm On-ice	3:00-4:00pm On-ice 4:15-5:15pm On-ice 5:30-6:30pm PAIRS	3:00-4:00pm On-ice 4:15-5:15pm On-ice 5:30-6:30pm PAIRS

June Camp Schedule (June 12th to 29th)

JUNIOR	INTERMEDIATE B	INTERMEDIATE A	SENIOR
Mondays 4:45-5:15pm Off-ice 5:30-6:30pm On-ice	Mondays 4:45-5:15pm Off-ice 5:30-6:30pm On-ice	Mondays 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:15pm Stroking 5:30-6:00pm Off-ice	Mondays 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:15pm Stroking 5:30-6:00pm Off-ice
Tuesdays No Skating	Tuesdays No Skating	Tuesdays 2:45-3:45pm On-ice 4:00-4:45pm On-ice 5:00-5:30pm Off-ice	Tuesdays 2:45-3:45pm On-ice 4:00-4:45pm On-ice 5:00-5:30pm Off-ice
Wednesdays 4:45-5:15pm Off-ice 5:30-6:30pm On-ice	Wednesdays 4:45-5:15pm Off-ice 5:30-6:30pm On-ice	Wednesdays 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:15pm Stroking 5:30-6:00pm Off-ice	Wednesdays 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:15pm Stroking 5:30-6:00pm Off-ice
Thursdays 4:00-4:45pm On-ice 4:45-5:00pm Stroking 5:15-5:45pm Off-ice	Thursdays 4:00-4:45pm On-ice 4:45-5:00pm Stroking 5:15-5:45pm Off-ice	Thursdays 1:45-2:45pm On-ice 3:00-3:45pm On-ice	Thursdays 1:45-2:45pm On-ice 3:00-3:45pm On-ice
Fridays 4:45-5:15pm Off-ice 5:30-6:30pm On-ice	Fridays 4:45-5:15pm Off-ice 5:30-6:30pm On-ice	Fridays 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:15pm Stroking	Fridays 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:15pm Stroking

WEEKS	DATES	DAYS	JUNIOR	INT. B	INT. A	SENIOR
HP Camp	May 29,30,31 June 1,5,6,7,8	8 Days	N/A	N/A	\$150	\$150
June #1	June 12,13,14,15,16	5 Days	\$50	\$50	\$100	\$100
June #2	June 19,20,21,22,23	5 Days	\$50	\$50	\$100	\$100
June #3	June 26,27,28,29	4 Days	\$40	\$40	\$80	\$80

Fliteway Summer Skating Camps

Castle Downs Arena / July 3rd to August 11th, 2023

July/August Schedule (July 3rd to August 11th)

JUNIOR	INTERMEDIATE B	INTERMEDIATE A	SENIOR	Pair Academy
Monday to Thursday 4:15-4:45pm Off-ice 5:00-5:45pm On-ice 5:45-6:15pm Stroking	Monday to Thursday 12:30-1:15pm On-ice 1:15-1:30pm Spins 1:30-2:00pm Stroking 2:15-2:45pm Off-ice	Monday to Thursday 12:30-1:15pm On-ice 1:15-1:30pm Spins 1:30-2:00pm Stroking 2:15-2:45pm Off-ice 3:30-4:15pm On-ice	1:30-2:00pm Off-ice 2:15-3:00pm On-ice 3:00-3:15pm Spins 3:30-4:15pm On-ice 4:15-4:45pm Stroking 5:00-5:30pm Off-ice	11:30-12:30pm Pairs 12:45-1:15pm Lifts Off-ice
Fridays 8:30-9:30am	Fridays 8:30-9:30am	Fridays 8:30-9:30am 9:45-10:30am Sims	Fridays 9:45-10:30am Sims 10:30-11:30am On-ice	

WEEKS	DATES	DAYS	JUNIOR	INT. B	INT. A	SENIOR
Week #1	July 3,4,5,6,7	5 Days	\$80	\$95	\$110	\$115
Week #2	July 10,11,12,13,14	5 Days	\$80	\$95	\$110	\$115
Week #3	July 17,18,19,20,21	5 Days	\$80	\$95	\$110	\$115
Week #4	July 24,25,26,27,28	5 Days	\$80	\$95	\$110	\$115
Week #5	July 31, Aug. 1,2,3	4 Days	\$64	\$76	\$88	\$92
Week #6	Aug. 8,9,10	3 Days	\$48	\$57	\$66	\$69
Extended	Aug. 14,15,16,17,18	5 Days	NA	NA	\$75	\$75

Extended Summer Camp

Monday to Friday (Aug. 14,15,16,17,18) Castle Downs Arena 8:30am-10:30am	Open to Intermediate A & Senior. This might also be available to Intermediate B and Junior level skaters as well. TBA
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Off-ice

- Daily off-ice jump technique session / core strength (NEW)
- Monday/Wednesday Fitness (Cardio) / Tuesday/Thursday (Strength)
- Independent Cool Down (skaters are encouraged to end each day with 15 to 20 minutes of stretching and flexibility)

Fun Days

- Theme days Thursdays. Prizes for the best costume or theme

Stroking Classes (new)

- Mondays and Wednesdays will be Edge/Turn
- Tuesdays will be endurance
- Thursdays will be performance (creative expression, GOE development, component score development)

April to August Reference Sheet / Calendar Of Events

Please complete the Information Sheet (google doc form)

April to August Calendar Of Events/ Skating Days

Spring Week #1	April 3,4,5	
Spring Week #2	April 10,11,12,13,14,15	
Spring Week #3	April 17,18,19,20	SunSational Competition (April 21-23)
Spring Week #4	April 24,25,26,27,28,29	
Spring Week #5	May 1,2,3,4,5,6	
Spring Week #6	May 8,,10,11,12	May 14 (Fliteway Seminar)
Spring Week #7	May 15,16,18,19	Test Day May 17 (tentative)
Off Season	May 20-28	No Skating
June HP Camp #1	May 29,30,31, June 1	Intermediate A/Senior
June HP Camp #2	June 5,6,7,8	Intermediate A/Senior
June Camp #1	June 12,13,14,15,16	
June Camp #2	June 19,20,21,22,23	
June Camp #3	June 26,27,28,29	
Summer Week #1	July 3,4,5,6,7	
Summer Week #2	July 10,11,12,13,14	
Summer Week #3	July 17,18,19,20,21	
Summer Week #4	July 24,25,26,27,28	
Summer Week #5	July 31, Aug. 1,2,3	WildRose Competition (Aug. 4-7)
Summer Week #6	Aug. 8,9,10	Tentative Test Day August 11 th
Extended Summer	Aug 14,15,16,17,18	Intermediate A/Senior
Summer Break	Aug. 19-27	No Skating
Fall Camp	Aug. 28,29,30	Fall Camp
Start of Winter	Sept. 1 st	Start of Winter Season

June/July/August Registration Fee & Packages

WEEKS	DATES	DAYS	JUNIOR	INT. B	INT. A	SENIOR
HP Camp	May 29,30,31 June 1,5,6,7,8	8 Days	N/A	N/A	\$150	\$150
June #1	June 12,13,14,15,16	5 Days	\$50	\$50	\$100	\$100
June #2	June 19,20,21,22,23	5 Days	\$50	\$50	\$100	\$100
June #3	June 26,27,28,29	4 Days	\$40	\$40	\$80	\$80
Summer #1	July 3,4,5,6,7	5 Days	\$80	\$95	\$110	\$115
Summer #2	July 10,11,12,13,14	5 Days	\$80	\$95	\$110	\$115
Summer #3	July 17,18,19,20,21	5 Days	\$80	\$95	\$110	\$115
Summer #4	July 24,25,26,27,28	5 Days	\$80	\$95	\$110	\$115
Summer #5	July 31, Aug. 1,2,3	4 Days	\$64	\$76	\$88	\$92
Summer #6	Aug. 8,9,10	3 Days	\$48	\$57	\$66	\$69
Extended	Aug. 14,15,16,17,18	5 Days	NA	NA	\$75	\$75
3 Month Packages (includes June, July & August) -pay 1 price and skate as much as you want SAVE 15% Payments June 1 st , July 1 st , August 1 st						
Junior: \$162 per/month		Int. B: \$185 per/month		Int. A: \$311 per/month		Senior: \$318 per/month