

## 2023-2024 STARSkate Schedule

SENIOR A	SENIOR B	INT. A	INT. B	JUNIOR A	JUNIOR B
<b>Monday (GTA)</b> 2:45-3:45pm FS 4:00-5:00pm FS 5:15-5:45pm Off-ice	<b>Monday (GTA)</b> 6:45-7:15pm Off-ice 7:30-7:45pm Stroking 7:45-8:30pm FS	<b>Monday (GTA)</b> 6:45-7:15pm Off-ice 7:30-7:45pm Stroking 7:45-8:30pm FS	<b>Monday (GTA)</b> 6:00-6:30pm Off-ice 6:45-7:30pm FS 7:30-7:45pm Stroking	<b>Monday (GTA)</b> 6:00-6:30pm Off-ice 6:45-7:30pm FS	<b>Monday (GTA)</b> 5:00-5:45pm FS 6:00-6:30pm Off-ice
<b>Tuesday (CDA)</b> 6:30-7:30am FS 2:45-3:45pm FS 4:00-5:00pm FS 5:00-5:15pm Stroking 5:20-6:00pm Ballet	<b>Tuesday (CDA)</b> 6:30-7:30am Open 4:00-5:00pm FS 5:00-5:15pm Stroking 5:20-6:00pm Ballet	<b>Tuesday (CDA)</b> 6:30-7:30am Open 6:05-6:45pm Ballet 7:00-7:45pm FS  Program Assistants Ballet time 5:20-6:00pm	<b>Tuesday (CDA)</b> 6:30-7:30am Open 6:05-6:45pm Ballet 7:00-7:45pm FS  Program Assistants Ballet time 5:20-6:00pm	<b>Tuesday (CDA)</b> 6:30-7:30am Open 6:05-6:45pm Ballet 7:00-7:45pm FS	<b>Tuesday (CDA)</b> 6:30-7:30am Open 5:15-6:00pm FS 6:05-6:45pm Ballet
<b>Wednesday (CDA)</b> 6:30-7:30am Open 2:30-3:30pm FS 3:45-4:45pm FS 4:45-5:15pm Stroking 5:30-6:15pm Off-ice	<b>Wednesday (CDA)</b> 6:30-7:30am Open 3:45-4:45pm FS 4:45-5:15pm Stroking 5:30-6:15pm Off-ice	<b>Wednesday (CDA)</b> 6:30-7:30am Open 4:00-4:30pm Off-ice 4:45-5:15pm Stroking 5:15-6:15pm FS	<b>Wednesday (CDA)</b> 6:30-7:30am Open 4:00-4:30pm Off-ice 4:45-5:15pm Stroking 5:15-6:15pm FS	<b>Wednesday (CDA)</b> 6:30-7:30am Open	<b>Wednesday (CDA)</b> 6:30-7:30am Open
<b>Thursday (CDA)</b> 1:30-2:30pm FS 2:45-3:30pm FS 3:45-4:30pm Off-ice	<b>Thursday (CDA)</b> 1:30-2:30pm FS 2:45-3:30pm FS 3:45-4:30pm Off-ice	<b>Thursday (CDA)</b> 3:45-4:30pm FS 4:30-4:45pm Stroking 5:00-5:45pm Off-ice	<b>Thursday (CDA)</b> 3:45-4:30pm FS 4:30-4:45pm Stroking 5:00-5:45pm Off-ice	<b>Thursday (CDA)</b> 4:30-4:45pm Stroking 4:45-5:30pm FS 5:45-6:30pm Off-ice	<b>Thursday (CDA)</b> 4:30-4:45pm Stroking 4:45-5:30pm FS 5:45-6:30pm Off-ice
<b>Friday (CDA)</b> 6:30-7:30am Open 2:30-3:45pm FS 4:00-4:30pm Stroking 4:30-5:30pm FS	<b>Friday (CDA)</b> 6:30-7:30am Open 2:30-3:45pm FS 4:00-4:30pm Stroking 4:30-5:30pm FS	<b>Friday (CDA)</b> 6:30-7:30am Open 2:30-3:45pm FS 4:00-4:30pm Stroking 4:30-5:30pm FS	<b>Friday (CDA)</b> 6:30-7:30am Open	<b>Friday (CDA)</b> 6:30-7:30am Open	<b>Friday (CDA)</b> 6:30-7:30am Open
<b>Saturday (GGA)</b> 1:30-1:45 Stroking 1:45-2:45pm FS	<b>Saturday (GGA)</b> 1:30-1:45 Stroking 1:45-2:45pm FS	<b>Saturday (GGA)</b> 1:30-1:45 Stroking 1:45-2:45pm FS	<b>Saturday (GGA)</b> 2:45-3:30pm FS 3:30-3:45pm Stroking	<b>Saturday (GGA)</b> 2:45-3:30pm FS 3:30-3:45pm Stroking	<b>Saturday (GGA)</b> 2:45-3:30pm FS 3:30-3:45pm Stroking
<b>Sunday (GTA)</b> 9:15-10:00am FS 10:15-11:00am FS 11:00-11:15am Stroking	<b>Sunday (GTA)</b> 9:15-10:00am FS 10:15-11:00am FS 11:00-11:15am Stroking	<b>Sunday (GTA)</b> 11:00-11:15am Stroking 11:15-12:00pm FS	<b>Sunday (GTA)</b> 11:00-11:15am Stroking 11:15-12:00pm FS	<b>Sunday (GGA)</b> 1:30-2:15pm FS 2:15-2:30pm Stroking	<b>Sunday (GGA)</b> 1:30-2:15pm FS 2:15-2:30pm Stroking

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

**FS= On-ice Freeskate Session / Open=Session is open to all levels / Stroking=Group Development Class**

### Off-ice Program

Mondays (Fitness)  
Tuesdays (Dance Enrichment)  
Wednesdays (Off-ice Jumps)  
Thursdays (Fitness)



**Fliteway  
Skating Club**

*Skating Towards Excellence*