

STARSkate April/May 2025/ Castle Downs Arena

JUNIOR	INTERMEDIATE B	INTERMEDIATE A	SENIOR
Mondays 6:30-7:00pm Off-ice 7:15-7:30pm Stroking 7:30-8:15pm On-ice	Mondays 6:30-7:00pm Off-ice 7:15-7:30pm Stroking 7:30-8:15pm On-ice	Mondays 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:15pm Stroking	Mondays 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:15pm Stroking
Tuesdays 6:00-6:45pm Off-ice 7:00-7:45pm On-ice 7:45-8:00pm Stroking	Tuesdays 6:00-6:45pm Off-ice 7:00-7:45pm On-ice 7:45-8:00pm Stroking	Tuesdays 4:00-4:15pm Stroking 4:15-5:15pm On-ice 5:15-6:00pm Off-ice	Tuesdays 2:45-3:45pm On-ice 4:00-4:15pm Stroking 4:15-5:15pm On-ice 5:15-6:00pm Off-ice
Wednesdays 4:30-5:00pm Off-ice 5:15-5:45pm Stroking 6:00-6:45pm On-ice	Wednesdays 6:30-7:30AM 4:30-5:00pm Off-ice 5:15-5:45pm Stroking 6:00-6:45pm On-ice	Wednesdays 6:30-7:30AM 4:00-5:15pm On-ice 5:15-5:45pm Stroking 6:00-6:30pm Off-ice	Wednesdays 6:30-7:30AM 2:45-3:45pm On-ice 4:00-5:15pm On-ice 5:15-5:45pm Stroking 6:00-6:30pm Off-ice
Thursdays 4:15-5:00pm On-ice 5:15-6:00pm Off-ice April 10,17,24 (START TIME IS 4:00PM)	Thursdays 4:15-5:00pm On-ice 5:15-6:00pm Off-ice	Thursdays 3:15-4:00pm On-ice 4:15-5:00pm On-ice 5:15-6:00pm Off-ice	Thursdays 1:30-2:30pm On-ice 2:45-4:00pm On-ice 4:15-5:00pm Off-ice
Fridays NA	Fridays 6:30-7:30AM 4:45-5:30pm On-ice 5:30-6:00pm Stroking	Fridays 6:30-7:30AM 4:00-5:30pm On-ice 5:30-6:00pm Stroking	Fridays 6:30-7:30AM 4:00-5:30pm On-ice 5:30-6:00pm Stroking
Saturdays 1:00-1:30pm Stroking 1:30-2:30pm On-ice	Saturdays 1:00-1:30pm Stroking 1:30-2:30pm On-ice	Saturdays 10:15-11:15am On-ice 11:30-12:15pm On-ice 12:15-12:45pm Stroking	Saturdays 10:15-11:15am On-ice 11:30-12:15pm On-ice 12:15-12:45pm Stroking
Pair Academy			
Mondays 4-6 Meadows Arena		Saturdays 9-10am Castle Downs	

WEEKS	DATES	NOTES
Week #1	April 1,2	
Week #2	April 7,8,9,10,11,12	
Week #3	April 14,15,16,17	SunSational Competition Weekend
Week #4	April 22,23,24,25	
Week #5	April 28,29,30, May 1,2,3	
Week #6	May 5,6,7,8,9	Club Seminar May 10 th
Week #7	May 12,13,14,15	Test Day (STAR 6 and up)

Off-ice Training Overview

Mondays (Off-ice jump technique & fitness)
 Tuesdays (Dance Enrichment)
 Wednesdays (Off-ice jump technique & rotational development)
 Thursdays (Fitness)

