

	MONDAY Ice Sports North Shore (ISNS)			TUESDAY Ice Sports North Shore (ISNS)			WEDNESDAY Ice Sports North Shore (ISNS)			THURSDAY Ice Sports North Shore (ISNS)			FRIDAY Ice Sports North Shore (ISNS)	
	RINK 3	OFF ICE	RINK 1	RINK 3	OFF ICE	RINK 1	RINK 3	OFF ICE	RINK 1	RINK 3	OFF ICE	RINK 1	RINK 3	OFF ICE
6:30													STEPS 6:30-6:45AM	
7:00													OPEN SESSION 6:45-7:45AM	
8:00														
2:00	PEAK/COMP FREESKATE 2:00-3:15PM			PEAK/COMP FREESKATE 2:00-3:15PM			PEAK/COMP FREESKATE 2:00-3:15PM			PEAK/COMP FREESKATE 2:00-3:15PM			PEAK/COMP FREESKATE 2:00-3:15PM	
3:00	OPEN SILVER & UP FREESKATE 2:45-3:30PM			OPEN SILVER & UP FREESKATE 2:45-3:30PM			OPEN SILVER & UP FREESKATE 2:45-3:30PM			OPEN SILVER & UP FREESKATE 2:45-3:30PM			OPEN SILVER & UP FREESKATE 2:45-3:30PM	
4:00	FLOOD COMP FREESKATE 3:45-4:30PM	GOLD 3:45-4:15PM		FLOOD GOLD FREESKATE 3:45-4:30PM		OPEN SESSION 3:45-4:15PM	FLOOD COMP FREESKATE 3:45-4:30PM	GOLD 3:45-4:15PM		FLOOD GOLD FREESKATE 3:45-4:30PM	COMP 3:45-4:15PM	OPEN SESSION 3:45-4:15PM	FLOOD COMP FREESKATE 3:45-4:30PM	
5:00	COMP & GOLD SPINS 4:30-4:45PM	OTHER	CANSKATE 4:15-5:00PM	GOLD & COMP STEPS 4:30-4:45PM		CANSKATE 4:15-5:00PM	COMP & GOLD SPINS 4:30-4:45PM	OTHER	CANPOWER 4:15-5:00PM	GOLD & COMP STEPS 4:30-4:45PM		SILVER 11 & OVER 4:15-5:00PM	COMP & GOLD SPINS 4:30-4:45PM	
6:00	GOLD FREESKATE 4:45-5:30PM	JUMPSTART/BRONZE OFF ICE 5:00-5:30PM	CANPOWER 5:00-5:45PM	COMP FREESKATE 4:45-5:30PM	SILVER 5:00-5:30PM		GOLD FREESKATE 4:45-5:30PM	OTHER	CANPOWER 5:00-5:45PM	COMP FREESKATE 4:45-5:30PM	SILVER 10 & UNDER/SILVER 11 & OVER 5:00-5:30PM / 5:10-5:40PM		GOLD FREESKATE 4:45-5:30PM	JUMPSTART/BRONZE OFF ICE 5:00-5:30PM
7:00	FLOOD JUMPSTART/BRONZE ON ICE 5:45-6:30PM	SILVER 10 & UNDER 5:30-6:15PM		FLOOD SILVER FREESKATE 5:45-6:30PM			FLOOD JUMPSTART/BRONZE ON ICE 5:45-6:30PM	SILVER 10 & UNDER 5:45-6:15PM		FLOOD SILVER 10 & UNDER FREESKATE 5:45-6:30PM			FLOOD JUMPSTART/BRONZE ON ICE 5:45-6:30PM	SILVER 5:30-6:15PM
8:00	SILVER 10 & UNDER FREESKATE 6:30-7:15PM	SILVER 11 & OVER 6:15-7:00PM		SILVER STEPS 6:30-6:45PM			SILVER 10 & UNDER FREESKATE 6:30-7:15PM	SILVER 11 & OVER 6:15-6:45PM		SILVER 10 & UNDER STEPS 6:30-6:45PM			SILVER SPINS 6:30-6:45PM	
	BOTH SILVER GROUPS SPINS 7:15-7:30PM			SKILLS/DANCE EDGES 6:45-7:30PM			BOTH SILVER GROUPS SPINS 7:15-7:30PM	JUMPSTART/BRONZE OFF ICE 6:45-7:15PM		SKILLS/DANCE EDGES 6:45-7:30PM			SILVER FREESKATE 6:45-7:30PM	
	SILVER 11 & OVER FREESKATE 7:30-8:15PM						SILVER 11 & OVER 7:30-8:15PM							

IMPORTANT DATES	
APRIL 10 - FRIDAY	EASTER FRIDAY - NO REGULAR SESSIONS
APRIL 13 - MONDAY	EASTER MONDAY - NO REGULAR SESSIONS
MAY 1 - FRIDAY	NO AFTERNOON SESSIONS (6:30am Session ONLY)
MAY 15 - FRIDAY	NO AFTERNOON SESSIONS (6:30am Session ONLY)
MAY 18 - MONDAY	VICTORIA DAY - NO REGULAR SESSIONS
JUNE 5 - FRIDAY	VSC CLUB COMPETITION (JUMPSTART/BRONZE)
JUNE 5 - FRIDAY	NO REGULAR JUMPSTART/BRONZE SESSIONS
JUNE 7 - SATURDAY	VSC AWARDS CELEBRATION BANQUET

COLOUR LEVEL SCALE
JUMPSTART/BRONZE
SILVER
GOLD
COMP/PEAK
OPEN
SKILLS/DANCE/EDGES
CANSKATE/CANPOWER

COLOUR LEVELS DEFINED
BRONZE = STAR 1
SILVER = STAR 2, 3, 4
GOLD = STAR 5, 6, 7, 8, 9, 10, GOLD, PRE-JUVENILE
COMPETITIVE = JUVENILE TO SENIOR (PROVINCIAL COMPETITORS)
OPEN Sessions / OPEN Freeskate = All Levels except when stated SILVER & UP.

LESSON FEE STRUCTURE
Freeskate, OPEN Sessions, Spins, Drills, Dance, Skills - coaches will invoice direct to skater for coaching fees
CAMP, STEPS and OFF Ice coaching fees are included in ice registration fees
JUMPSTART & BRONZE Level - coaching fees are included in ice registration fees
ON & OFF ICE are MANDATORY for ALL JUMPSTART, BRONZE, SILVER, GOLD, COMPETITIVE LEVELS