

SFSC SUMMER SCHOOL

2019

Location SAIT
1301 16 Ave
NW, Calgary,
AB T2M 0L4



SPRINGBANK
Figure Skating Club

**2019 Springbank Figure Skating Club
Summer Skating Schedule at SAIT
July 2-July 31**

Aug 1&2
Modified Schedule

	On Ice Schedule	Off Ice Schedule	Senior	Intermediate	Junior	On Ice Schedule
8:00	Senior Stroking (8:00-8:15)		Senior Stroking (8:00-8:15)			
8:15	Senior Freeskate (8:15-9:45)		Senior Freeskate (8:15-9:45)			
8:30						
8:45						
9:00						
9:15						
9:30						
9:45	Flood	Flood	Flood	Flood		Senior Freeskate 9:30-10:45
10:00	Senior Freeskate (10:00-10:45)	Int. Warm Up (10:00-10:30)	Senior Freeskate (10:00-10:45)	Int. Warm Up (10:00-10:30)		
10:15						
10:30						
10:45						
11:00	Intermediate Freeskate (10:45-11:45)		Lunch (10:45-12:00)	Intermediate Freeskate (10:45-11:45)		
11:15						
11:30						
11:45	Int. Stroking (11:45-12:00)			Int. Stroking (11:45-12:00)		
12:00	Flood	Junior Dryland (12:00-12:45)	Flood	Flood	Junior Dryland (12:00-12:45)	
12:15	Int/Sr Freeskate (12:15-1:00)		Int/Sr Freeskate (12:15-1:00)	Int/Sr Freeskate (12:15-1:00)		
12:30						
12:45						
1:00	Int/Senior Spin (1:00-1:15)		Int/Senior Spin (1:00-1:15)	Int/Senior Spin (1:00-1:15)		
1:15	Junior Freeskate (1:15-2:15)		Break	Lunch (1:15-2:00)	Junior Freeskate (1:15-2:15)	
1:30		Senior Dryland (1:30-2:15)	Sr Dryland (1:30-2:15)			
1:45						
2:00						
2:15	Junior Spin (2:15-2:30)	Int. Dryland (2:00-2:45)		Int. Dryland (2:00-2:45)	Junior Spin (2:15-2:30)	
2:30	Flood				Flood	
2:45	Junior Stroking (2:45-3:00)				Junior Stroking (2:45-3:00)	
3:00	Jr/Int Freeskate (3:00-3:45)			Jr/Int Freeskate (3:00-3:45)	Jr/Int Freeskate (3:00-3:45)	
3:15						
3:30						
3:45						

Senior - Sr. Silver or higher (skaters who are currently skating senior are grandfathered)
Intermediate - Star 5 - Jr. Silver
Junior - Star 1-4, Learn to Figure Skate

Levels:

Learn to Figure Skate: Stage Four CanSkate or Coaches invite - must be in figure skates

Junior: Star 1 - 4 (Springbank Members)

Junior: Star 1 - 5 (Non-Members)

Intermediate: Star 5 - Jr. Silver (Springbank Members)

Intermediate: Jr. Silver (Non-Members)

Senior: Sr. Silver - Gold (Springbank Members and Non-Members)

Pricing:

Learn to Figure Skate Week One (4 days):

\$137.00

Learn to Figure Skate Week Two: \$171.25

Junior Package Week One (4 days):

\$147.00

Junior Package Week Two - Four: \$183.75

Junior Package Week Five: \$110.25

Junior August 1 & 2: \$15.00 Each Day

Intermediate Week One (4 days): \$178.00

Intermediate Package Week Two - Four:

\$222.50

Intermediate Package Week Five: \$133.50

Intermediate August 1 & 2: \$15.00 Each

Day

Senior Week One (4 days): \$186.00

Senior Package Week Two - Four: \$232.50

Senior Package Week Five: \$139.50

Senior August 1 & 2: \$15.00 Each Day

Buy Ons:

Member Per Hour: \$15.00

Non-Member Per Hour: \$18.00

Daily Junior (Including Dry Land): \$36.75

Daily Intermediate (Including Dry Land): \$44.50

Daily Senior (Including Dry Land): \$46.50

For drop-ins contact: sfsc.dropin@gmail.com

After Care Week One: \$40.00

After Care Week Two: \$50.00

After Care Week Three: \$50.00

After Care Week Four: \$50.00

After Care Week Five: \$30.00

For additional inquires related to Summer School please contact natasha@taylorskating.com