

VVSC 2017-2018 Schedule

- **Intermediate, Senior, Master STARSkate and Competitive Skaters:**
 - **Pre-season** Sept 5-14, **Regular season** Sept 18-Mar 31
- **Junior STARSkate:** Sept 25 – Mar 15 (no lessons Dec 23-Jan 7)
- **CanSkate: Fall:** Sept 25 – Dec 5 **Winter:** Jan 4 – Mar15 **Spring:** April, dates TBA
- **CanPower: Start up:** Sept 5-14 **Fall:** Sept 25 – Dec 5 **Winter:** Jan 4 – Mar 15

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------------------------|-------------------------------|
| 6:30–6:45 am | | | | | Open 630-8am |
| 6:45–7:00 am | | | | | |
| 7:00–7:15 am | | | | | |
| 7:15–7:30 am | | | | | |
| 7:30–7:45 am | | | | | |
| 7:45–8:00 am | | | | | |
| | | | | | |
| 3:30–3:45 pm | Jr Star 330-415 Intermediate 330-430 <i>Grp 330-410</i> | Jr Star 330-415 Intermediate 330-5 <i>Grp 330-410</i> | Open 330-400 | Jr Star 330-415 Intermediate 330-5 <i>Grp 420-5</i> | |
| 3:45–4:00 pm | | | PreCan 400-430 | | |
| 4:00–4:15 pm | | | Flood | | Sr Master <i>Grp 430-5</i> |
| 4:15–4:30 pm | | | CanSkate 445-530 | | |
| 4:30–4:45 pm | CanPowerSkate 430-515 | | PreCan5-530 | Flood | |
| 4:45–5:00 pm | | Flood | | CanSkate 515-600 | |
| 5:00–5:15 pm | flood | CanSkate 515-600 | | PreCan 530-600 | |
| 5:15–5:30 pm | CanSkate 530-615 | PreCan 530-600 | | Sr Master 6-7 | |
| 5:30–5:45 pm | PreCan 545-615 | Sr Master 6-730 <i>Dance 7-715 Grp 715-730</i> | Jr Star 6-645 Intermediate 6-7 <i>Grp 6-640</i> | Sr Master 6-7 | |
| 5:45–6:00 pm | Sr Master 615-730 <i>Grp 715-730</i> | | | | |
| 6:00–6:15 pm | | | | | |
| 6:15–6:30 pm | | | Sr Master 630-8 <i>Group 630-645 Dance 645-7</i> | CanPowerSkate (Adult & Youth) 7-745 | |
| 6:30–6:45 pm | | | | | |
| 6:45–7:00 pm | | | | | |
| 7:00–7:15 pm | | | | | |
| 7:15–7:30 pm | | | | | |
| 7:30–7:45 pm | | | | | |
| 7:45–8:00 pm | | | | | |

Ice Fit:

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|-------------------|---------------------------|-----------|----------|--------|----------------------------|
| | Open 445-515pm | Jr star 425-445 | | | | |
| | | Robert F3Fit 600-645am | | | | Robert F3Fit 11-1150 am |

Schedule is subject to change

All ice fit and on-ice group enhancement (ie: stroking) classes are included in regular season costs for Jr STAR, Intermediate, Senior, Master STARSkate and Competitive skaters. Pre-season is also included for registered skaters.

Some open ice sessions will be available for Intermediate, Senior, Master STARSkate and Competitive skaters over Christmas holidays (Dec 23-Jan 7) and end of March (Mar 17-31).