

VVSC 2018-2019 Schedule

- **Intermediate, Senior, Master STARSkate and Competitive Skaters:**
 - **Pre-season** Sept 4-13 **Regular season** Sept 17-Mar 15
- **Junior STARSkate:** Sept 17 – Mar 14 (no lessons Dec 24-Jan 4)
- **CanSkate:** **Fall:** Sept 24 – Dec 5 **Winter:** Jan 7 – Mar 14 **Spring:** April, dates TBA
- **CanPower:** **Start up:** Sept 4-13 **Fall:** Sept 25 – Nov 29 **Winter:** Jan 8 – Mar 14

	Monday		Tuesday		Wednesday	Thursday	Friday			
6:30–6:45 am							OPEN (Int/Sr) 630-8			
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	INT 330-430		INT 330-430	JR STAR 330-415	OPEN (Int/Sr) 330-430 Int group 330-4 Sr group 4-430	SENIOR 330-5 (group 330-4) (dance 4-415)				
3:45–4:00 pm										
4:00–4:15 pm										
4:15–4:30 pm		JR STAR 415-5								
4:30–4:45 pm	*		CANPOWER 430-515		Flood					
4:45–5:00 pm					CANSKATE 445-530 PreCanSkate 500-530					
5:00–5:15 pm	Flood						Flood			
5:15–5:30 pm	CANSKATE 515-6 PreCanSkate 530-6		Flood				CANSKATE 515-6 PreCanSkate 530-6			
5:30–5:45 pm			CANSKATE 530-615 PreCanSkate 545-615							
5:45–6:00 pm										
6:00–6:15 pm	SENIOR 6-730 (group 6-630) (dance 630-645)		SENIOR 615-730 (group 615-645)		SYNCHRO SPECIAL SESSION 6-645 SMC		INT 6-7	JR STAR 6-645		
6:15–6:30 pm										
6:30–6:45 pm										
6:45–7:00 pm										
7:00–7:15 pm					OPEN (Int/Sr) 645-8 SMC (some cancellations)		CANPOWER 7-745			
7:15–7:30 pm										
7:30–7:45 pm										
7:45–8:00 pm										

*time available for choreo/extra lessons when required

Ice Fit:

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Valleyview Mirror Room	JR: 505-520 INT/SR: 435-455	JR: 420-435 INT/SR: 435-505		JR: 650-705 INT: 705-725 SR: 610-630		
F3Fit 667 Victoria St.						JR/INT/SR/MAS 10-1045

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 4) and Spring Break (Mar 18-22).