



Summer Skate 2019

3 weeks, July 29 – August 15

**McArthur Island
1655 Island Parkway
Kamloops, BC**

Coaches:

Lisa Henson, Eva Davies, Tammy Cadwell, Sarah Falk

Lessons:

Private and semi-private lessons are available and must be arranged with Lisa Henson. Lesson fees are billed separately by the coaches.

Summer registration does include all **off ice** sessions and all **group lessons** (Senior - 15 minutes of group per day / Intermediate - 30 minutes of group per day / Junior Star is taught in a group format for the whole session).

Payment and Registration:

Register at **vvsc.ca**

Registration is due by June 15.

A \$25 late fee will be applied to registrations after this date.

Non-SkateCanada members will be charged a \$50 membership fee.

Program Options:

| | One Week | Two Weeks | Full Three Weeks |
|----------------------------|-----------------|------------------|-------------------------|
| Senior/Intermediate | \$150 | \$275 | \$375 |
| Junior Star | \$60 | \$120 | \$160 |

Buy On: \$20 per hour (does not include group or off ice)

Website/Registration: <http://vvsc.ca>
Coach/Lisa: vvscadmin@telus.net



Summer Skate Schedules

Week 1 Evenings: Monday, July 29 – Thursday, August 1

| MONDAY – July 29 | | | TUESDAY – July 30 | | | WEDNESDAY – July 31 | | | THURSDAY – August 1 | | |
|------------------|-----------------|-----------------|-------------------|----------------|----------------|---------------------|-----------------|-----------------|---------------------|----------------|----------------|
| Senior | Int | Jr Star | Senior | Int | Jr Star | Senior | Int | Jr Star | Senior | Int | Jr Star |
| On Ice 515-6 | Off Ice 530-550 | Off Ice 530-550 | Off Ice 510-535 | | | On Ice 515-6 | Off Ice 530-550 | Off Ice 530-550 | On Ice 530-715 | Off Ice 5-520 | Off Ice 5-520 |
| Off Ice 605-630 | On Ice 6-715 | On Ice 6-645 | On Ice 545-630 | Off Ice 6-620 | Off Ice 6-620 | Off Ice 605-630 | On Ice 6-715 | On Ice 6-645 | | On Ice 530-645 | On Ice 530-615 |
| | | | | On Ice 630-745 | On Ice 630-715 | | | | | | |
| FLOOD | | | | | | FLOOD | | | Off Ice 720-740 | | |
| On Ice 730-830 | | | FLOOD | | | On Ice 730-830 | | | | | |
| | | | On Ice 8-9 | | | | | | | | |

Week 2 Mornings: Tuesday, August 6 – Friday, August 9

Week 3 Mornings: Monday, August 12 – Thursday, August 15

| DAILY SCHEDULE WEEK 2 and 3 | | |
|-----------------------------|-----------------|-----------------|
| Senior | Int | Jr Star |
| Off Ice 8-815 | | |
| On Ice 830-930 | | |
| | On Ice 930-1015 | |
| Off Ice 10-1020 | | |
| FLOOD | | |
| On Ice 1030-1115 | Off Ice 1040-11 | Off Ice 1040-11 |
| | On Ice 1115-12 | On Ice 1115-12 |
| | | |
| | | |
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All Summer Skating is at McArthur Island