



## VVSC Schedule 2023-2024 Regular Season

Monday		Tuesday		Wednesday		Thursday		Friday
								OPEN 4/5/6+/M 630-800 AM
								PreCanSkate 930-1000
Star 3 330-430	Star 4 330-445	Star 1 330-430	Star 2 330-430	OPEN 4/5/6+/M 330-430		Star 1 330-430	Star 2 330-430	
Star 5 430-545		Star 3 430-530	Star 4 430-530	FLOOD		Star 3 430-530	Star 4 430-530	
	Star 6+ 430-545			CanSkate 445-530 PreCan 455-525				
FLOOD		FLOOD		FLOOD		FLOOD		
CanSkate 600-645 PreCan 610-640		CanSkate 545-630 Pre Can 555-625				CanSkate 545-630 PreCan 555-625		
Masters 645-745	Adult CanSkate 645-715	Star 5 630-730	Star 6+ 630-730	Star 4 615-725 SMC*	Masters 615-725 SMC*	Star 5 630-745	Star 6+ 630-745	
				Star 5 705-815 SMC*	Star 6+ 705-815 SMC*			

### OFF ICE (Mirror Room Upstairs at Valleyview Arena):

Monday	Tuesday	Wednesday	Thursday	Friday
Star 3/4 450-520 Harness Rotations 520-550	Star 1/2 445-515 Harness Rotations 515-545			F3Fit 530-630 (add on for Star 3 Up)
Star 5/6+ 655-725 Harness Rotations 730-800	Star 5/6+ 740-810			

All skating is at VALLEYVIEW ARENA unless otherwise marked (ie: Wednesday evenings at Sandman Center).

## Schedule Details:

### CanSkate (PreCanSkate, CanSkate, Teen/Adult CanSkate):

Fall sessions begin week of October 2 (10 weeks).

Winter sessions begin week of January 8 (10 weeks, Monday is 9 weeks).

### StarSkate/Competitive/Master:

- Full season is September 11, 2023 to March 15, 2024 (25 weeks).
- Friday AM starts October 6.

### Lessons Included for Each Star Level:

#### Group Lessons

- Star 1: 45 min / Star 2: 40 min / Star 3: 30 min / Star 4: 30 min / Star 5 and up: 20 min

#### Private and Semi-Private Lessons

- New this year! Private and semi-private lessons are included in registration costs for Star 2, 3, and 4. No separate billings from coaches each month.
- Private and semi-private lessons for Star 5 and up are not included and will be billed separately by coaches (as per previous seasons).

#### Off Ice

- Dryland ice fit classes and harness lessons are included in registration costs. See schedule above.
- F3 Fit is offered as an addition and not included in cost. Register separately.

#### Preseason

- All Star 3 and up skaters can attend Preseason Aug 29 400-530, Aug 30 515-645, Aug 31 400-530 at McArthur-NHL. No additional cost. Must be registered for regular season by August 25.

### Holidays and Cancellations (No Skating):

Monday, October 9 (Thanksgiving)

Tuesday, October 31 (Halloween) – No CanSkate or PreCanSkate. All other groups skate as usual.

December 15, 18, 19 (Ice cancelled)

December 23 through January 7 (Winter Holidays)

Monday, February 19 (Family Day)

### \*Wednesdays at SMC:

On some weeks, Star 4/5/6+/M sessions on Wednesdays at SMC are cancelled due to Blazers games or other conflicts. There will be 17 Wednesdays at Sandman Center total this year.

These dates are **CANCELLED**: Oct 11, 18; Nov 8, 22; Dec 20; Feb 7, 28; Mar 6

### September Boot Breaker:

To get a jump start on the season, extra seminar-style sessions will run for Star 3/4 and Star 5/6+/M skaters through the month of September. This is in addition to regular season sessions. See separate details. Register separately.