



VVSC Schedule 2024-2025 Regular Season

Monday			Tuesday		Wednesday			Thursday		Friday
										Open 4 and up 630-8 AM
										PreCS 930-10 AM
Star 4 330-445	Star 3 330-430		Star 1 330-430	Star 2 330-430	Star 2 Add On	Star 3 330-430	Star 4 330-430	Star 1 330-430	Star 2 330-430	
	Star 5 430-545	Star 6+ 430-545	Star 4 430-530	Star 5 430-530	FLOOD CanSkate 445-530 PreCanSkate 455-525			Star 3 430-545	Star 4 430-545	
FLOOD CanSkate 600-645 PreCanSkate 610-640			FLOOD CanSkate 545-630 PreCanSkate 555-625		SMC			FLOOD CanSkate 600-645 PreCanSkate 610-640		
Masters 645-745	Teen/Adult CanSkate 645-730		Star 6+ 630-730		M 615-715	5 700-815	6+ 700-815	Star 5 645-800	Star 6 645-800	

OFF ICE (Mirror Room Upstairs at Valleyview Arena) / Harness (beside ice surface):

Monday	Tuesday	Wednesday	Thursday	Friday

OFF ICE and HARNESS Schedule will be updated in September

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 September 23 (10 weeks).

Winter sessions begin week of January 6 (10 weeks, Monday is 9 weeks).

StarSkate/Competitive/Master:

Regular season is September 9, 2024 to March 14, 2025 (25 weeks).

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 20 min / Star 6+: 20 min

Private and Semi-Private Lessons

- 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, 6+, and Masters are not included and will be billed separately by coaches.

Off Ice

- Dryland ice fit classes are included in registration costs. See schedule above.

Harness

- Dryland harness training is included in registration costs. Harness will be offered on a rotational schedule for all Star 1 and up skaters.

Season Start Up - Star 3 and UP

- To get a jump start on the season, bonus sessions will run the end of August and beginning of September and will include a variety of training specific topics. This is in addition to regular season sessions. See separate calendar for details. Bonus start up sessions are at no cost for skaters who register by August 25th.

Holidays and Cancellations (No Skating):

Thursday, September 12 (ice cancelled)

Monday, September 30 (National Day for Truth and Reconciliation)

Monday, October 14 (Thanksgiving)

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

December 18, 19, 20 (Ice cancelled)

December 21 through January 5 (Winter Holidays)

Monday, February 17 (Family Day)

*Wednesdays at SMC:

Occasionally, Star 5/6+ and Masters sessions on Wednesdays at SMC are cancelled due to Blazers games or other conflicts.

These dates are **CANCELLED**: Sept 25; Jan 22, 29; Feb 26; Mar 12.

Star 5/6+ will make up these sessions on the same dates from 2:30-3:30 at Valleyview.

Masters will not have make up dates and cost has been prorated.