



# VVSC 2024 SEASON START UP



Skate Canada

Start the 2024-2025 skating season off right!

Bonus start up sessions are in addition to regular season programs that begin on September 9.

Check the calendar below for all the details about dates, times, and topics for each session!

This Season Start Up package is free when you register for regular season by August 25<sup>th</sup>.

### Bonus Start Up Session Dates:

**Star 1:** Wed, Sept 4

**Star 2:** Wed, Sept 4 / Thurs Sept 5

**Star 3:** Tues, Aug 27 / Wed, Sept 4 / Thurs Sept 5 / Wed, Sept 11

**Star 4:** Tues, Aug 27 / Wed, Sept 4 / Thurs, Sept 5 / Mon, Sept 9 / Wed, Sept 11 / Wed Sept 18

**Star 5:** Thurs, Aug 29 / Wed, Sept 4 / Thurs, Sept 5 / Mon, Sept 9 / Mon, Sept 16/ Wed, Sept 18

**Star 6+:** Thurs, Aug 29 / Wed, Sept 4 / Thurs, Sept 5 / Mon, Sept 9 / Mon Sept 16 / Wed, Sept 18

**Masters:** Wed, Aug 28 / Wed, Sept 4 / Thurs Sept 5 / Tues, Sept 10

\*Sessions are subject to change pending registration numbers.

## AUGUST 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
25	26	27	28	29	30	31
		<b>Star 3 / Star 4</b> Season Opener 400-530 McArthur – NHL	<b>Masters</b> Programs 515-645 McArthur – NHL	<b>Star 5 / Star 6+</b> Technical Seminar with Ryan Sutherland 400-530 McArthur – NHL		

## SEPTEMBER 2024

Sun	Monday	Tuesday	Wednesday	Thursday	Fri	Sat
1	2	3	4	5	6	7
	Labor Day		1 - 330-415 2 - 330-415 3 - 415-515 4 - 415-515 Star 3/4 Parent meeting 5:15 5 - 530-645 6+ - 530-645 Star 5/6+ Parent meeting 6:45 M – 645-730	2 - 330-430 3 - 330-430 4 – 430-530 5 – 430-530 6+ - 545-700 M – 650-745		

8	9	10	11	12	13	14
	<p>4 - 600-645 5 - 600-645 6+ - 600-645 M - 600-645 Performance Seminar</p> <p>Daily Schedule: 3/4 330-430 5/6 430-545 Performance Seminar 6-645 M 645-745</p>	<p>M - 545-630</p> <p>Daily Schedule: 1/2 330-430 4/5 430-530 M Bonus 545-630 6+ 630-730</p> <p>Star 1/2 Parent meeting 4:30</p>	<p>3 - 430-515 4 - 430-515 Synchro</p> <p>Daily Schedule: 3/4 330-430 3/4 Synchro 430-515 M 530-630* 5/6+ 615-730*</p> <p>*M and 5/6+ at VV and time change</p>	<p>No Skating</p>	<p>Open 630-800 AM</p>	
15	16	17	18	19	20	21
	<p>5/6+ - 600-645</p> <p>Daily Schedule: 3/4 330-430 5/6 430-545 5/6+ Bonus 6-645 M 645-745</p>	<p>PA Training 545-630</p> <p>Daily Schedule: 1/2 330-430 4/5 430-530 PA Training 545-630 6+ 630-730</p>	<p>4 - 430-530 5 - 430-530 6+ - 615-700</p> <p>Daily Schedule: 3/4 330-430 4/5 Bonus 430-530 6+ Bonus 615-700 SMC 5/6+ 7-815 SMC</p>	<p>PA Training 600-645</p> <p>Daily Schedule: 1/2 330-430 3/4 430-545 PA Training 600-645 5/6 645-800</p>	<p>Open 630-800 AM</p>	
22	23	24	25	26	27	28
<p>Sims 230-530 SMC</p>	<p>CanSkate begins this week</p> <p>Daily Schedule: 3/4 330-430 5/6 430-545 CanSkate 6-645 M 645-745</p>	<p>Daily Schedule: 1/2 330-430 4/5 430-530 CanSkate 545-630 6+ 630-730</p>	<p>NO SMC</p> <p>Daily Schedule: 5/6+ 230-330 3/4 330-430 CanSkate 445-530</p>	<p>Daily Schedule: 1/2 330-430 3/4 430-545 CanSkate 600-645 5/6 645-800</p>	<p>Open 630-800 AM CS 930-10</p>	<p>Learn to Train /Singles Seminar - Kelowna</p>
29	30					
	<p>Truth and Reconciliation No Skating</p>					