



SUMMER 2024 (10% fee discount has been applied!) Competitive - STAR - Adult/Teen/Rec - CanSkate

July 2 – August 16, 2024 (Weeks #1-7)

Registration OPENS: Tues April 30th @12noon for [GSC Home Club](#) skaters with a GSC Membership

Registration OPENS: Wed May 1st @12 noon for skaters with a [GSC Membership](#)

Registration OPENS: Thurs May 2nd @12 noon for all others

TIME	MONDAY-THURSDAY Manley Rink	TIME	FRIDAY Manley Rink
8:00 - 8:20am	BRONZE Skills	8:00 - 8:50am	BRONZE Free
8:20 - 9:10am	BRONZE Free	9:00 - 10:00am	BRONZE Off-Ice Training & RR (Crush Space)
9:10 - 9:30am	BRONZE Dance	9:00 - 9:50am	SILVER Free
9:45 - 10:45am	BRONZE Off-Ice & RR (Crush Space)	10:00 - 11:00am	SILVER Off-Ice Training & RR (Crush Space)
9:40 - 10:30am	ELITE Free # 1	10:00 - 10:50am	ELITE/ COMP Free # 1
10:30 - 10:50am	ELITE /COMP EDGE *includes coach*	11:00am - 12:00pm	ELITE/ COMP Off-ice Training & RR (Crush Space)
11:00 - 11:50am	ELITE /COMP Free # 1	12:00 - 12:50pm	ELITE/ COMP Free # 2
12:00 - 1:00pm	ELITE /COMP Off-ice & RR (Crush Space)	11:00 - 11:50am	GOLD / PRE COMP Free
11:50 - 12:10pm	GOLD/ Pre-Comp EDGE/SPIN *includes coach*	12:00 - 1:00pm	GOLD / PRE COMP Off-Ice Training & RR (Crush Space)
12:20 - 1:10pm	GOLD/ Pre-Comp Free		
1:10 - 1:40pm	GOLD/ Pre-Comp Skills/Dance (Drop in only) + Off Ice		
2:00 - 2:45pm	GOLD/ Pre-Comp Off-ice (Aerobics Studio) & RR (2-3pm Crush)		
1:50 - 2:40pm	ELITE Free # 2		WEEK 1: July 2-5, 2024 (4 days)
2:50 - 3:40pm	ELITE /COMP Free # 2		WEEK 2: July 8-12, 2024
3:50 - 4:40pm	Pre-Comp Free (2nd year Pre-Juv, Juv & Pre-Novice)		WEEK 3: July 15-17, 2024 (3 days)
2:45 - 3:30pm	SILVER Off-ice (Aerobics Studio) & RR (3-4pm Crush)		WEEK 4: July 22-26, 2024
4:50 - 5:40pm	SILVER Free		WEEK 5: July 29-August 2, 2024
5:40 - 5:50pm	SILVER EDGE/SPIN		WEEK 6: Aug 6-9, 2024 (4 days)
5:50 - 6:20pm	SILVER Skills/Dance		WEEK 7: Aug 12-16, 2024
6:30 - 7:20pm	CANSKATE (TU & THURS) No skating Thurs July 18		
6:30 - 7:20pm	OPEN SESSION STAR 1+ (MON) No skating Mon Aug 5		
7:30 - 8:20pm	ADULT /TEEN/RECSkate (TUES)		
7:30 - 8:20pm	OPEN SESSION STAR 1+ (THURS) No skating Thurs July 18		
PLEASE NOTE: The "ELITE SESSION" is for skaters competing at the Jr/Sr level for the 2024-25 season and			
for those added at the discretion of the Director of Skating.			
Skaters may register for WEEKLY and DAILY sessions (BRONZE - GOLD), plus select DROP IN sessions only. NO changes or refunds!			
ALL skaters must register before stepping on the ice. Skating a level down will NOT be permitted!			
"WEEKLY and DAILY" STAR and ELITE/COMP Sessions offered:			
BRONZE: Skills, Free, Dance and Off Ice (Mon-Thurs) + Free and Off Ice (Fri)			
SILVER: Off Ice, Free, Edge/Spin and Skills/Dance(Mon-Thurs) + Free and Off Ice (Fri)			
GOLD/PRE-COMP: Edge/Spin, Free and Off Ice(Mon-Thurs) + Free and Off Ice (Fri)			
Pre-Comp: Free (Mon-Thurs) MUST be a 2nd year Pre-Juv, Juvenile or Pre-Novice!			
COMPETITIVE (Weekly session only): Edge, Free #1, Off Ice and Free #2 (Mon-Thurs) + Free #1, Off Ice and Free #2 (Fri)			
ELITE (Weekly session only): Free #1, Edge, Elite/Comp Free #1 or #2, Off Ice and Free #2(Mon-Thurs) + Free #1, Free #2 and Off Ice (Fri)			
"DROP IN" STAR and COMP Sessions offered:			
GOLD/ Pre-Comp Skills/Dance (Drop in only)			
Thursday July 18th Drop In sessions will be offered:			
BR 830am, Elite 930am, Elite/Comp 1030am, Elite 1130am, Elite/Comp 1230pm, Gold/PreComp 130pm, PreComp 230pm, Silver 330pm			
No skating - July 19 and August 5			
Assessment Day - Friday August 16th 1:30-5:30pm (time tbc)			
GSC may change or cancel sessions or ice time depending on registration and to accommodate special events or other emergency			