

SASC 2012 Summer Skating Camp Schedule **June 4-August 30; Troy Murray Arena, Servus Place**

****Visit the "calendar" tab @ www.stalbertsc.com for programming details and clarification.**

Jumpstart Skater: Continual, small-group instruction
JR Skater: Has not passed a Skate Canada Freeskate test
INT. Skater: Has passed the Preliminary Freeskate test or Senior Bronze Dances
SR Skater: Has passed the JR Bronze Freeskate test or Junior Silver Dances
***Schedule and skater sessions subject to change based on registration numbers. Space is limited.**
**** Buy-on ice-time: \$20/hour**

Week #1- June 4-7 (Monday- Thursday) Fitness Testing Week

4:20-4:35pm- Off-ice warm-up (JR/INT: Ballet, SR: Zumba)

4:45-5:45pm- JR, INT & SR Freeskate

6:00-6:30pm- **Monday**: Off-ice Jumps, **Tuesday**: Off-ice Sprints, **Wednesday**: On-ice Endurance,
Thursday: Off-ice Stretch

Week #2, #3, & #4 - June 11-15, June 18-22, June 25-29

Monday- Thursday

4:25-4:40pm JR, INT & SR Off-ice Warm-up

4:45-5:30pm JR Free, INT & SR DISC

5:30-5:45pm FLOOD

5:45-6:30pm INT & SR Freeskate

6:30-7:00pm Stroking(M&W) Edge (T&TH)

7:05-7:15pm Stretch

Friday

4:30-4:40pm JR, INT & SR Off-ice Warm-up

4:45-5:30pm JR Free, INT & SR DISC

5:30-5:45pm FLOOD

5:45-6:30pm INT & SR Freeskate

Week #5, #6, #7- July 2-6, July 9-13, July 16-20

Jumpstart

6:10-6:25pm Off-ice Warm-up

6:30-7:15pm On-ice Lesson

7:20-7:30pm Off-ice Stretch

Junior

5:10-5:25pm Off-ice Warm-up

5:30-6:15pm Freeskate

6:15-6:30pm Stroking

6:35-6:45pm Off-ice Stretch

Senior

4:10-4:25pm Off-ice Warm-up

4:30-5:15pm Freeskate

5:15-5:30pm FLOOD

5:30-6:15pm On-ice DISC

6:15- 6:45pm Dinner Break

6:45-7:15pm Off-ice

7:30-8:00pm-SR Freeskate

8:00-8:30pm-SR Class

Intermediate

4:10-4:25pm Off-ice Warm-up

4:30-5:15pm Freeskate

5:15-5:30pm Flood/Snack Break

5:30-6:15pm On-ice DISC

6:15-6:30pm Stroking

6:45-7:15pm Off-ice

Programming Notes:

DISC: Dance/Interp./Spins/Choreo.

INT/SR Off-ice: Dance (M&W) Fitness (T&TH)
Video (Fri.)

SR Class: Stroking (M&W) Edge (T&Th)
Interpretive (Fri.)

Test-Day & Simulations: July 20: 9:00am- 4:15pm (Schedule T.B.A.)

Summer Schedule Continued on Back of Sheet...

Week #8 & #9- July 23-27, July 30-August 2 (No Skating Aug. 3rd)

Junior

5:15-6:00pm Off-ice Dance/Zumba/TBA

6:15-7:00pm Freeskate

7:00-7:15pm Stroking

Intermediate & Senior

5:15-6:00pm Off-ice Dance/Zumba/TBA

6:15-7:00pm Freeskate

7:00-7:15pm Stroking

7:15-7:30pm Flood

7:45-8:30pm Freeskate

August 3-5: Wild Rose Competition- Leduc, AB

August 7 -17: Skating Vacation, Canmore, AB

August 16-20: BC SummerSkate Competition- Burnaby, BC

Week #12- August 27-30 (Monday- Thursday)

4:25-4:40pm Off-ice Warm-up

4:45-5:45pm Open Freeskate

* Schedule is subject to change due to factors beyond the control of the SASC.

**SASC 2012-2013 Registration: 7:00-8:30pm
June 19 & 20, Morinville Room, Servus Place**

