

Royal Glenora Figure Skating Club Summer School: July 3-30 (7-3pm), July 31-Aug 6 (7-2 pm)

STARskate/Junior/Intermediate/Senior Competitive

RGC Skating Club Summer School Schedule July 3-30					Saturday/Sunday
Monday	Tuesday	Wednesday	Thursday	Friday	
Open FS 7-8:00 am	Open FS 7-8:00 am	Open FS 7-8:00 am	Open FS 7-8:00 am	Open FS 7-8:00 am	8-10 am Open Freeskate
Sr Free 8-9:00	Sr Free 8-9:00	Sr Free 8-9:00	Sr Free 8-9:00	Sr Free 8-9:00	
Flood 9:00-9:15	Flood 9:00-9:15	Flood 9:00-9:15	Flood 9:00-9:15	Flood 9:00-9:15	
Int. FS 9:15-10:15	Int. FS 9:15-10:15	Int. FS 9:15-10:15	Int. FS 9:15-10:15	Int. FS 9:15-10:15	
Flood 10:15-10:30	Flood 10:15-10:30	Flood 10:15-10:30	Flood 10:15-10:30	Flood 10:15-10:30	
Sr FS 10:30-11:30 am	Sr FS 10:30-11:30 am	Sr FS 10:30-11:30 am	Sr FS 10:30-11:30 am	Sr FS 10:30-11:30 am	
Int FS 11:30-12:15	Int FS 11:30-12:15	Int FS 11:30-12:15	Int FS 11:30-12:15	Int FS 11:30-12:15	
Sr/Int Power Stroking Gp 12:15-12:45	Sr/Int Edge/spins Gp 12:15-12:45	Sr/Int Power Stroking Gp 12:15-12:45	Sr/Int Edges/spins Gp 12:15-12:45	Sr/Int Power Stroking Gp 12:15-12:45	
Flood 12:45-1	Flood 12:45-1	Flood 12:45-1	Flood 12:45-1	Flood 12:45-1	
Jr Stroking GP 1-1:15	Jr Stroking Gp 1-1:15	Jr Stroking GP 1-1:15	Jr Stroking Gp 1-1:15	Jr Stroking Gp 1-1:15	
Jr FS 1:15-2:15	Jr FS 1:15-2:15	Jr FS 1:15-2:15	Jr FS 1:15-2:15	Jr FS 1:15-2:15	
Star FS 1:15-2:15	Star FS 1:15-2:15	Star FS 1:15-2:15	Star FS 1:15-2:15	Star FS 1:15-2:15	
JR Spins Gp 2:15-2:30	JR Spins Gp 2:15-2:30	JR Spins Gp 2:15-2:30	JR Spins Gp 2:15-2:30	JR Spins Gp 2:15-2:30	
JR/STAR B Edge 2:00-3	JR/STAR B Edge 2:00-3	JR/STAR B Edge 2:00-3	JR/STAR B Edge 2:00-3	JR/STAR B Edge 2:00-3	
Fitness Schedule-Off Ice					
Int. Jump 8:45-9	Int. Jump 8:45-9	Int. Jump 8:45-9	Int Jump 8:45-9	Int Jump 8:45-9	
Sr. Jump 10-10:15	Sr. Jump 10-10:15	Sr. Jump 10-10:15	Sr. Jump 10-10:15	Sr. Jump 10-10:15	
Jr/Star Warm-up 12:15-12:45	Jr Stretch 12:15-12:45	Jr/STAR Jump class 12:15-12:45	Jr /STAR Ballet 12:00-12:45	Jr/STAR Yoga Pool-Side 12:15-12:45	
	Sr/Int. Fitness 1-2	Sr/Int Dance Class 1-2	Sr/Int Ballet 1-2	Sr/Int Yoga-Pool Side 1-2	

- Skaters must be registered with Skate Canada as a RGC Skating Club member to participate in the RGC Figure Skating Program and be coached by a RGC Skating Coach. Members will register on Gametime by selecting the program associated with their skill level prior to skating on the session. Non-RGC Skating Club members: will be charged the program fee + 25% to participate in the program if there is availability. No refunds. Registered skaters may be moved up a session level at the request of the coach and at the discretion of the Skating Director.

Royal Glenora Figure Skating Club Summer School July 31-Aug 6 (7am-2pm) STARskate/Junior/Intermediate/Senior Competitive

RGC Skating Club Summer School Schedule July 31-Aug. 6					Sat/Sun
Monday	Tuesday	Wednesday	Thursday	Friday	
Open FS 7-8 am	Open FS 7-8 am	Open FS 7-8 am	Open FS 7-8 am	Open FS 7-8 am	Open Free 8-10 am
Sr Free 8-9	Sr Free 8-9	Sr Free 8-9	Sr Free 8-9	Sr Free 8-9	
Flood 9-9:15	Flood 9-9:15	Flood 9-9:15	Flood 9-9:15	Flood 9-9:15	
Int. FS 9:15-10:15	Int. FS 9:15-10:15	Int. FS 9:15-10:15	Int. FS 9:15-10:15	Int. FS 9:15-10:15	
Sr FS 10:15-11	Sr FS 10:15-11	Sr FS 10:15-11	Sr FS 10:15-11	Sr FS 10:15-11	
Flood 11-11:15	Flood 11-11:15	Flood 11-11:15	Flood 11-11:15	Flood 11-11:15	
Int FS 11:15-12	Int FS 11:15-12	Int FS 11:15-12	Int FS 11:15-12	Int FS 11:15-12	
Sr/Int Power Strk. Gp 12-12:30 pm	Sr/Int Edge/Spins Gp 12-12:30	Sr/Int Power Strk. Gp 12-12:30	Sr/Int Edge Spins Gp 12-12:30	Sr/Int Power Strk. Gp 12-12:30	
Flood 12:30 - 12:45	Flood 12:30 - 12:45	Flood 12:30 - 12:45	Flood 12:30 - 12:45	Flood 12:30 - 12:45	
Jr Strk Gp 12:45-1	Jr Strk Gp 12:45-1	Jr Strk Gp 12:45-1	Jr Strk Gp 12:45-1	Jr Strk Gp 12:45-1	
Jr FS 1-1:45	Jr FS 1- 1:45	Jr FS 1-1: 45	Jr FS 1-1:45	Jr FS 1-1:45	
STARskate 1-2	STARskate 1-2	STARskate 1-2	STARskate 1-2	STARskate 1-2	
Jr Spins Gp 1:45-2	Jr Spins Gp 1:45-2	Jr Spins Gp 1:45-2	Jr Spins Gp 1:45-2	Jr Spins Gp 1:45-2	
Fitness Schedule-Off Ice					
Int Jump 8:45-9	Int Jump 8:45-9	Int Jump 8:45-9	Int Jump 8:45-9	Int Jump 8:45-9	
Sr. Jump 10-10:15	Sr. Jump 10-10:15	Sr. Jump 10-10:15	Sr. Jump 10-10:15	Sr. Jump 10-10:15	
Jr/Star warm-up 12:00-12:30	Jr/Star warm-up 12:00-12:30	Jr Jump Class 12:-12:30	Jr/Star Ballet 11:45-12:30	Jr/Star Yoga 12-12:30	
	Sr/Int Fitness 12:45-1:45	Sr/Int Dance Class 12:45-1:45 pm	Sr/Int Ballet 12:45-1:45 pm	Sr/Int Yoga Pool- Side 12:45-1:45 pm	

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STARskate/Junior competitive/Intermediate competitive/Senior Competitive

STARskate: \$110/week

- Week 1-4: [12:15-12:45: Warm-up (M,T), jump class(W)], 12-12:45 ballet(Th), 12:15-12:45 Yoga (F) 1:15-2 Gp lesson on-ice, 2-2:15 practice time
- Week 5: (July 31-Aug. 4) [12-12:30: Warm-up (M,T), jump class(W)], 11:45-12:30 ballet(Th), 12-12:30 Yoga (F) 1-1:45 Gp lesson on-ice, 1:45-2 practice time
- Private lessons not included and must be arranged with your coach, contact skatingdirector.royalglenora@gmail.com

Junior Competitive: \$120/week (Star 1-3)

- Week 1-4:[12:15-12:45: Warm-up (M,T), jump class(W)], 12-12:45 ballet(Th), 12:15-12:45 Yoga (F) 1-1:15 Stroking Group., 2:15-2:30 Spin Group
- Week 5: (July 31-Aug. 4) [12-12:30: Warm-up (M,T), jump class(W)], 11:45-12:30 ballet(Th), 12-12:30 Yoga (F) 12:45-1 Stroking Group, 1:45-2 Spin Group
- Private lessons not included and must be arranged with your coach, contact skatingdirector.royalglenora@gmail.com

Intermediate Competitive: \$130/Week (Star 4-10, to Juvenile)

Week 1 (July 3-7), Week 2 (July 10-14), Week 3, (July 17-21), Week 4 (July 24-28), Week 5 (July 31-Aug. 6)

- Skaters eligible to skate on their designated 2 Intermediate and Open FS sessions
- Int/Sr spin (15 min)/edge (15 min) group lessons (T, TH), Int/Sr Power Stroking/Edge group lesson (30 Min) (MWF)
- Jump class (15 min) group lesson Mon-Fri, Fitness Classes: fitness(T), dance(w), ballet(Th), Yoga (F)
- Private lessons not included and must be arranged with your coach, contact skatingdirector.royalglenora@gmail.com

Senior (Pre-Novice +): \$130/Week

Week 1 (July 3-7), Week 2 (July 10-14), Week 3, (July 17-21), Week 4 (July 24-28), Week 5 (July 31-Aug. 6)

- Skaters eligible to skate on their designated 2 Senior Free sessions and Open FS sessions
- Int/Sr spin (15 min)/edge (15 min) group lessons (T, TH), Int/Sr Power Stroking/Edge group lesson (30 Min) (MWF)
- Jump class (15 min) group lesson Mon-Fri, Fitness Classes: fitness(T), dance(w), ballet(Th), Yoga (F)
- Private lessons not included and must be arranged with your coach, contact skatingdirector.royalglenora@gmail.com

Non-Member Registration on Line: <http://rgc.gametime.net/cne/public/list> Drop down menu: skating and find program.

August Ice Programs available upon request: Aug 7-27.