

# Orillia Figure Skating Club Spring Session

Week 1: Monday, March 23, 2020 - Friday, March 27, 2020

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	<b>Mondays</b> 4:00 - 4:15	Cold Skilla	Wednesdays
	4:15 - 5:00	Gold Skills Gold Freeskate	4:00 - 4:45 Advanced Stroking
	5:00 - 5:30	Gold Dance	4:45 - 5:15 Little Stars
	5:30 - 6:00		
	6:10 - 6:55	CanSkate	
	7:05 - 7:20	Silver Skills	
	7:20 - 7:50	Silver Freeskate	Thursdays
	7:50 - 8:20	Silver Dance	4:00 - 4:30 Bronze Skills
			4:30 - 5:00 Bronze Freeskate
	Tuesdays		5:00 - 5:30 Bronze Dance
			5:40 - 6:10 Silver Skills
	4:00 - 4:30	Silver Skills	6:10 - 6:55 Silver Freeskate
	4:30 - 5:00	Silver Freeskate	6:55 - 7:25 Silver Dance
	5:00 - 5:30	Silver Dance	7:35 - 8:05 Gold Skills
	5:40 - 6:10	Bronze Skills	8:05 - 8:50 Gold Freeskate
	6:10 - 6:40	Bronze Freeskate	8:50 - 9:20 Gold Dance
		Bronze Dance Gold Skills	Fridaya
	7:35 - 8:20	Gold Skills Gold Freeskate	Fridays
	8:20 - 8:50	Gold Dance	4:10 - 5:30 Competitive A
	0.20 - 0.30	bold bunce	ice time
	<b>++</b> 0 (c:1	/0.11.1	6:00- 7:00 Off Ice
**Bronze/Silver/Gold skaters will have one 15 minute group lesson a week			Orillia Sports Medicine
	**All spring se	essions are at Rotary	4:50 - 5:20 Competitive B

Place, 100 University Avenue, Orillia

\*\*All spring sessions are at Rotary

Note: There will be no skating on Monday, April 13, 2020

off ice

5:40 - 6:40 ice time

# Orillia Figure Skating Club Spring Session

Weeks 2-8: Monday, March 30, 2020 - Thursday, May 14, 2020

Mondays 4:00 - 4:15 4:15 - 5:00 5:00 - 5:30 5:30 - 6:00 6:10 - 6:55 7:05 - 7:20 7:20 - 7:50 7:50 - 8:20 (March 30th	J
7:50 - 8:20	0.1101 1100

### **Tuesdays**

4:00 - 4:30	Silver Skills
4:30 - 5:00	Silver Freeskate
5:00 - 5:30	Silver Dance
5:30 - 5:45	Bronze Skills
5:45 - 6:15	Bronze Freeskate
6:15 - 6:30	Bronze Dance
6:40 - 6:55	Gold Skills
6:55 - 7:40	Gold Freeskate
7:40 - 8:10	Gold Dance

\*\*Bronze /Silver/ Gold skaters will have one 15 minute group lesson a week

\*\* All spring sessions are at Rotary Place, 100 University Avenue, Orillia

Wednesdays
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4:00 - 4:30	Bronze Skills
	Bronze Skills
4:30 - 5:00	Bronze Free
5:00 - 5:30	Bronze Dance
5:30 - 6:00	PreCan
6:00 - 6:45	CanSkate
6:55 - 7:25	Little Stars
7:25 - 8:10	Advanced
	Stroking

### **Thursdays**

4:00 - 4:30	Bronze Skills
4:30 - 5:00	Bronze Freeskate
5:00 - 5:30	Bronze Dance
5:40 - 6:10	Silver Skills
6:10 - 6:55	Silver Freeskate
6:55 - 7:25	Silver Dance
7:35 - 8:05	Gold Skills
8:05 - 8:50	Gold Freeskate
8:50 - 9:20	Gold Dance

### Fridays

4:00 - 5:30 Competitive A ice time 6:00-7:00 Off Ice Orillia Sports Medicine

4:50 - 5:20 Competitive B off ice 5:40 - 6:30 ice time

(No competitive April 3rd and 10th)

Note: There will be no skating on Monday, April 13, 2020



## Orillia Figure Skating Club Spring Session

## StarSkate Program

# StarSkate Program

(Must skate a minimum of 2 days)

#### **BRONZE STARSKATE:**

Must have passed CanSkate stage 6

Tuesday - \$145.00

Wednesday - \$180.00 Thursday - \$165.00

Three Day Membership - \$490.00

#### SILVER STARSKATE:

Must have passed Star 5 Dances and Star 5 Skills

Monday - \$198.00

Tuesday - \$247.00

**Thursday** - \$259.00

Three Day Membership - \$595.00

#### GOLD STARSKATE:

Must have passed all of Star 5 FreeSkate, Jr Silver Dances & Jr Silver Skills.

(Only upon completion of Gold Skills or Gold Dance, skaters may purchase a No Skills or No Dance membership. There are No "Freeskate" only memberships offered)

NO SKATING - Monday, April 13th, 2020 No Competitive - Friday, April 3rd and 10th, 2020 Please register at <a href="www.orilliafigureskatingclub.com">www.orilliafigureskatingclub.com</a> and click on the <a href="registration link">registration link</a>. No withdrawals or refunds will be granted upon start of the spring session.

 $^{*\frac{1}{2}}$  of your spring registration fees are due by March 23, 2020 (first day of skating). The Remainder of fees are due by April 13, 2020.

\*\*Guest skating is limited to three times @ \$20 per session

\*Tag Day is mandatory for all OFSC StarSkate members; as well as out of town skaters who skate on our StarSkate session throughout our regular winter season. If you are unable to participate in Tag Day, a \$130 fee will be added to your account.

# Coaching Information

### Head Coach:

Tracey Zwiers (705) 327-2206 <u>teamtracey@orilliapronet.com</u>

### Club Coaches

James Callan jamesfcallan@ymail.com
Erin Csumrik-Shaw (705) 259-0648 ecsumrik@rogers.com

Markus Leminen (705)728-1410 <u>mleminen@hotmail.com</u> Susan Scott susanbrad@hotmail.com

Out of town coaches are welcome to attend.

## Specialty Programs

## Advanced Stroking: \$95.00

This program is opened for <u>silver</u>, and <u>gold</u> skaters and any <u>competitive</u> skaters who competed at Stage 4 or above during the 2019/2020 winter season. This program is designed to help skaters to improve on their speed, endurance, and strength.

## Competitive Session:

Competitive A - \$150 Competitive B - \$80

This program is for skaters looking for extra ice time to enhance their training, develop their techniques and show potential as a competitive skater. Skaters must have a three day membership and must be invited by Markus Leminen. Skaters in competitive A will also participate in the off ice program held at Orillia Sports Medicine.

- Skaters who skated on competitive during the winter session are invited back to the same session they were on for spring.
- If there are spots available, an invitation will be sent out for our two competitive sessions.

Competitive A and B please see competitive policy on our website.

For returning competitive skater

or

by invite only.