



**StarSkate**

## Summer 2025

StarSkate Academy/ Jr Academy

All sessions at the Greenfoot Energy Centre  
(Formerly HRM 4pad/BMO)

	Dates	Theme
Week 1	July 2-4	Movie Magic <i>(No sessions Monday/ Tuesday)</i>
Week 2	July 7-11	Escape the Week
Week 3	July 14-18	Ice Influencers Week: "Skate, Create, Communicate"
Week 4	July 21-25	Skate Around the World
Week 5	July 28-30	Glow and Neon Week <i>(No sessions Thursday/Friday)</i>
Week 6	Aug 5-8	Leadership and Legacy Week <i>(No sessions Monday)</i>
Week 7	Aug 11-15	Mission Impossible week



### EXCEL group - Friday Seminar Afternoons

Note Friday schedule is different from Mon-Thursday schedule  
*Wednesday June 30 will follow a Friday am schedule/ Off Ice seminar in the afternoon*

### Fun Activities through the week for each theme

Wednesdays—Dress Up days  
Thursdays—Viral Vibes Activity  
Conditioning - Monday/Tuesday/Thursday  
Workshop / Specialty Off ice classes—Fridays  
Off Ice Dance—Wednesdays

*Music to fit the theme on sessions, Trivia Days, Games and Special Events weekly.*

*Watch for your weekly welcome email sent on Saturday mornings for details of the coming week events*

## IMPORTANT NOTES—SUMMER 2025

- ⇒ REGISTRATION—all Academy registration will be online through the Halifax Skating Club website.  
***We reserve the right to balance sessions when needed.***
- ⇒ HSC and BSC skaters have priority on all sessions. Registrations will be processed in the order listed below.  
- 5 Day                      - 3 Day (M/W/F)                      - 2 Day (T/T)  
Other options of days may be accepted pending available space. Please register and put a note with your registration AND email [halifaxskatingclub@gmail.com](mailto:halifaxskatingclub@gmail.com) the request. We may not be able to accommodate all requests. Registration closes as spaces fill **or** at Midnight the Friday before the new skating week.
- ⇒ SKATE DOWN - Skaters may skate down one level pending available space after skaters of that level have registered.
- ⇒ ON-ICE / OFF-ICE—Our programs include both on and off ice classes (when possible) Which help the skater succeed in becoming an all round athlete. Please ensure your skater participates in the full experience. Fees for off ice are included in the registration fee
- ⇒ OFF-ICE SPACE & DRESSING ROOMS—Off-Ice training spaces and dressing rooms are for skaters only.  
**Parents are not allowed in dressing rooms.**
- ⇒ PAYMENT—Pay in full during registration OR—Deposit per session + 6 weekly payments—July 4,11,18,25, Aug 1,8 , Payment must be arranged online.  
***\$25 Admin Fee charged for the second or more changes to invoice/ skater per season***
- ⇒ DISCOUNT (15%) for skaters skating 5+ full weeks of summer. (skating all days available to their level during the week) All programs must be included on the same invoice to receive the discount.
- ⇒ SKATERS CONTRACT —Parents & Skaters are expected to adhere to the HSC skaters contract and Codes of Conduct. The contracts are signed at registration and available to download from our website.
- ⇒ EXCEL Extra Free/ Programming Ice—*\*additional ice fee will apply*  
8—8:50am                      (M/W/F) *\*subject to change*
- ⇒ Simulations Thursdays July 10, 17, 24, Aug 7 (8:00-8:50am)  
*\*\*subject to ice / coach availability \*additional ice fee will apply*
- ⇒ ASSESSMENT DAY — for all Star 6+ assessments is tentatively scheduled for Week 7 Aug 11-15 at Greenfoot Energy Centre (Thurs or Fri afternoon/ evening reserved for Assessments)  
*\*Subject to ice and evaluator availability*
- ⇒ **FOUNDATIONS**—This half-day program is designed for skaters working at the STAR 1–4 levels, including both Bronze and Silver level skaters.  
**EXCEL**—Excel is a full-day program for skaters competing at the STAR 4 level and above, including Silver and Gold level skaters.
- ⇒ **ELITE FREE (8:00–8:50 AM on select days)** - This option is for skaters competing at the Pre-Juvenile level or higher and / or the STAR 6 and above. Ice is purchased by the week, and skaters must also be registered in regular sessions during that same week. Elite Free is intended for additional free skate training and may also be used for drop-in programming with a coach. A coach must be present for any programming session. Drop-in sessions are \$25 each and are only available to skaters registered in that week's program.





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### JUNIOR ACADEMY

Week 1, 2, 3, 4, 6 & 7    **No Jr Academy during Week 5 (July 28–30)**

**By invitation only**, the Jr Academy program is designed for skaters who are preparing to enter the STAR pathway. This **half-day program** focuses on building strong technical foundations and includes both on-ice and off-ice instruction, with staff supervision during all transitions.

Private Lessons:    Details and sign-up will be emailed in late June to those registered.  
Private lessons are available at an additional fee.

#### Important Reminders:

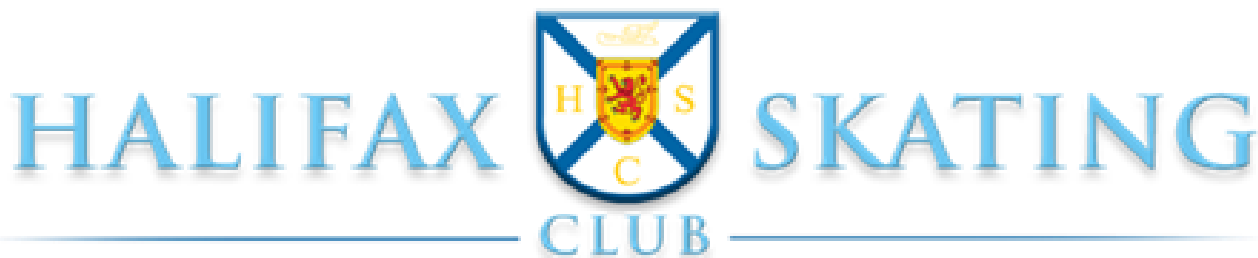
- CSA-approved skating helmets are mandatory for all Jr Academy skaters
- Refer to the front of the brochure for any days when no sessions are scheduled
- Fridays follow a slightly different schedule — please read the Friday schedule carefully
- Skaters must bring running shoes, a skipping rope, and a yoga mat for off-ice sessions
- Bring at least 2 pairs of gloves/mittens and extra layers — the rink remains cold, even in summer
- Bring a water bottle (or two) — refill stations are available
- Hair must be tied back for all sessions
- Please pack a full lunch for your skater, including healthy food and snacks and drinks to help fuel their body for success.

#### JR ACADEMY - Monday - Thursday

7:45 - 8:00	Drop Off
8:00 - 8:30	OFF ICE - Jump / warm up
	Skates on
9:00 - 9:15	ON ICE - Coach Tech
9:15 - 9:45	ON ICE - Free Skate
9:45-10:00	ON ICE - Dance
	Skates off
10:15-11:00	OFF ICE - Conditioning / Dance
	Skates on
11:20 - 11:35	ON ICE - CanSkate Skills
11:35- 11:50	ON ICE - Stoking
12:00 - 12:20	OFF ICE- Rest and Recovery
12:30	Pick up

#### JR ACADEMY - Fridays

7:45 - 8:00	Drop Off
8:00-9:00	OFF ICE - Warm Up / Jump / Spinners
9:15 - 10:15	OFF ICE - Specialty
	Skates on
10:30 - 10:45	ON ICE - CanSkate Skills
10:45- 11:15	ON ICE - Jumps
11:00 - 11:30	OFF ICE - Lunch / snack / warm up BREAK
11:30 - 11:40	ON ICE - Spins (in group)
11:40 - 12:00	ON ICE - Group Classes
12:00 - 12:30	Pick up



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## FOUNDATIONS PROGRAM

The Foundations program is designed for **STAR 1–4 level skaters**, including both **Bronze and Silver levels**.

This **half-day program** is ideal for skaters who are developing their foundational skills before progressing to the full-day EXCEL program. If you're unsure whether Foundations is the right fit for your skater, please connect with your coaching team for guidance.

### Important Reminders:

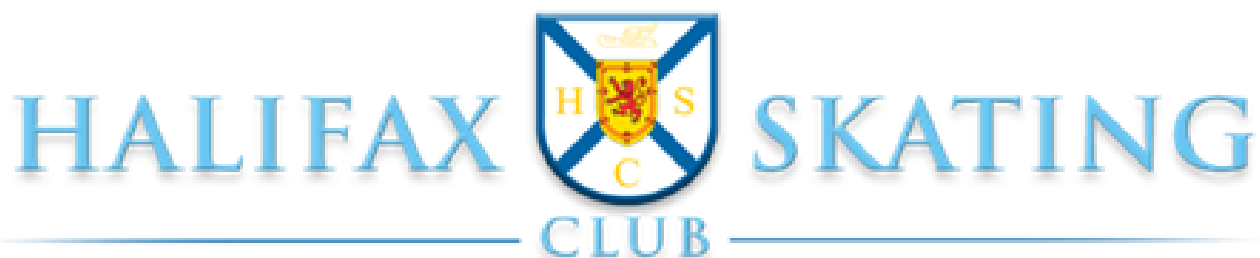
- Refer to the front of the brochure for any days when no sessions are scheduled.
- Fridays follow a revised schedule — see the Friday schedule for full details.
- Private lessons must be arranged and paid for directly with your coaching team.
- Skaters must bring running shoes, a skipping rope, and a yoga mat for off-ice sessions.
- Bring at least 2 pairs of gloves/mittens and extra layers — the rink remains cold, even in summer.
- Bring a water bottle (or two) — refill stations are available.
- Hair must be tied back for all sessions.

### FOUNDATIONS - Monday - Thursday

7:45 - 8:00	Drop Off
<b>8:00 - 8:50</b>	<b>OPTIONAL - Simulations Thurs</b>
8:00 - 8:45	OFF ICE - Jump / warm up
9:00 - 9:15	ON ICE - Coach Tech
9:15 - 9:45	ON ICE - Free Skate
9:45-10:00	ON ICE - Dance
10:15-11:10	OFF ICE - Conditioning / Dance
11:20 - 11:35	ON ICE - Skills
11:35- 11:50	ON ICE - Stroking
FLOOD	
12:00 - 12:45	ON ICE - Free
1:00	Pick up

### FOUNDATIONS - Fridays (Wed July 30)

7:45 - 8:00	Drop Off
8:00-9:00	OFF ICE - Warm Up / Jump / Spin
9:15 - 10:15	OFF ICE - Specialty
10:30 - 10:45	ON ICE - Skills/Dance (in group)
10:45- 11:30	ON ICE - Free
11:30 - 11:40	ON ICE - Spins (in group)
11:40 - 12:20	ON ICE - Group Classes
12:30 - 1:00	Pick up



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### EXCEL PROGRAM

The EXCEL program is designed for skaters **competing at the STAR 4 level** or higher and follows a **full day training format**. *If you're looking for a half-day option, please consider the Foundations program instead. If you're unsure whether EXCEL is the right fit for your skater, please speak directly with your coaching team.*

#### Important Reminders:

- Refer to the front of the brochure for any days when no sessions are scheduled.
- Fridays follow a revised schedule — see the Friday schedule for full details.
- Private lessons must be arranged and paid for directly with your coaching team.
- Skaters must bring running shoes, a skipping rope, and a yoga mat for off-ice sessions.
- Bring at least 2 pairs of gloves/mittens and extra layers — the rink remains cold, even in summer.
- Bring a water bottle (or two) — refill stations are available.
- Hair must be tied back for all sessions.

EXCEL	Monday—Thursdays	EXCEL	Fridays **
8:00 - 8:50	OPTIONAL - ELITE Extra Free / Simulations Select days - Extra fee	8:00 - 8:50	OPTIONAL - ELITE Free -Select days - Extra fee
9:00 - 9:55	OFF-Ice Conditioning / Dance	FLOOD	
10:10 - 10:30	ON ICE - Coach Tech/ Skills	9 - 10:20	ON ICE - OPEN
10:30-11:20	ON ICE - Free	10:45 - 11:45	OFF ICE - Specialty Class
11:30-12:15	LUNCH BREAK		LUNCH BREAK
12:15 - 12:45	Off Ice warm up / skates on	12:30 - 1:20	ON ICE - Group Class stroking / edge / group train- ing etc
12:45 - 12:55	ON ICE - Dance	FLOOD	
12:55 - 1:10	ON ICE - Spin	1:30 - 2:20	ON ICE - Group Class Theater / Annies edges / etc
FLOOD		2:30 - 3:00	OFF ICE - GAME / STRETCH
1:20 - 2:05	ON ICE - Free	**Wed July 30th- morning schedule and off ice workshops in the afternoon)	
2:05 - 2:20	ON ICE - Stroking		
2:30- 3:00	OFF ICE - Jump		
3:00 - 3:15	OFF ICE- Rest and recovery/ stretch		