

North Star Figure Skating Club WINTER 2016/2017 ICE SCHEDULE November 28-April 14

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Rink B	Rink B	Rink B	Rink B	Rink B	Rink B	
1:00 - 2:50 Star Ice	1:00 - 2:50 Star Ice	1:00 - 2:50 Star Ice	1:00 - 2:50 Star Ice	1:00 - 2:50 Star Ice	8:10 - 9:10 OPEN A B #	
2:50 - 3:40 OPEN A B C	2:50 - 3:40 OPEN A B C	2:50 - 3:40 OPEN A B C	2:50 - 3:40 OPEN A B C	2:50 - 3:40 OPEN A B C D #	9:20 - 9:50 (30 min) MOVES ^^	
3:50 - 4:40 HOME CLUB + FREESTYLE A B	3:50 - 4:40 HOME CLUB + FREESTYLE A B	3:50 - 4:40 HOME CLUB + FREESTYLE A B	3:50 - 4:40 HOME CLUB + FREESTYLE A B		9:50 - 10:50 HOME CLUB + FREESTYLE A	
4:50 - 5:10 HOME CLUB MOVES ^^	4:50 - 5:10 HOME CLUB MOVES ^^	4:50 - 5:10 HOME CLUB MOVES ^^	4:40 - 5:00 HOME CLUB MOVES ^^		10:50 - 11:20 Dynamic Warm Up Drills and Edges Class A B C	
5:10 - 6:00 OPEN A B	5:10 - 6:10 OPEN A B	5:10 - 6:00 OPEN 6:00-6:10 Power A B			11:30 - 12:20 OPEN A B C D #	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Rink C	Rink C	Rink C	Rink C	Rink C	Rink C	Rink C
9 - 11:50 Star Ice 12 - 1:30 Public/Star 2:25 - 2:50 Star Ice	9 - 11:50 Star Ice 12 - 1:30 Public/Star 2:25 - 2:50 Star Ice	9 - 11:50 Star Ice 12 - 1:30 Public/Star 2:25 - 2:50 Star Ice	9 - 11:50 Star Ice 12 - 1:30 Public/Star 2:25 - 2:50 Star Ice	9 - 11:50 Star Ice 12 - 1:30 Public	8:00 - 8:50*** OPEN C PSSC SSC	8:00 - 8:50*** OPEN A B C PSSC
					9:00 - 9:50 OPEN B C PSS Private	9:00 - 9:50 OPEN A B C PSS Private
4:40 - 5:00 Moves ^ PSS Private	4:40 - 5:00 Moves ^	4:40 - 5:00 Moves ^	4:40 - 5:00 Moves ^		10:00 - 10:50 OPEN B C	10:00 - 10:50 OPEN A B C
***5:00 - 5:50 Open B C PSSC SSC	5:00-6:00 Open B C #	***5:00 - 6:00 OPEN B C	5:00 - 5:50 OPEN A B C PSS Private		11:00 - 11:50 LEARN TO SKATE	11:00 - 11:50 LEARN TO SKATE
	LORINC*** 6:50 - 7:50 A B C # PSS Private PSSC	6:10 - 7:00 Learn To Skate	***6:00 - 7:00 OPEN B C PSSC SSC			
					LORING 1:00 LTS	

Refer to next page for Key of Symbols/Levels

A	Passed PRELIMINARY FS
B	Passed FS5 through Juvenile FS
C	Basic 2 through Pre-Preliminary FS
D	<ul style="list-style-type: none"> a) Skaters passed Bronze Dance Test may ice dance on all A, B, D OPEN & ^^ Moves sessions b) Skaters who have not completed Bronze Dance Test may skate on all C, D & ^ Moves sessions c) Ice dancers must skate on D session if available d) Dance teams may skate on all D sessions. One (1) dance team per any A or B OPEN. Dance teams skating on FREESTYLE must be in lesson (1 max). e) Dance teams may not skate on any Moves session.
E	Advanced Training Program Skater (ATP) - LEVEL 3, 4 or 5 only
	Bolded/Large Level is Primary Level(s) session intended for. Other levels listed allowed to skate as long as they conform to the primary level
#	1-2 HOCKEY Skills Skaters allowed (lesson only) during most sessions. However, sessions coded (#) may have more than 1-2 HOCKEY Skills Skaters (lesson only) on ice.
***	PRE-SHINING/SHINING STAR Groups on these sessions
+	Must contract minimum 4 sessions per week
^	MOVES: PRE-PRELIMINARY - JUVENILE
^^	MOVES: JUVENILE - SENIOR
^^^	MOVES: ALL LEVELS

Off Ice Options

All classes are open to all levels

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
6:05-6:50 Strength and Conditioning/Off Ice Jumps Danielle	5:20-6:05 Yoga Ann	6:15-7:00 Strength, Stretch and Ballet Amy	5:05-5:50 Ballet Amy	9:00-9:45 Yoga Ann	11:00-11:45 Circuit and Off Ice Jumps Danielle
			6:10-6:55 Strength and Conditioning Amy		

North Star Figure Skating Club

Winter 2016/2017 Calendar

November 28-April 14

North Star Ice Sports Westborough

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
November 28	November 29	November 30				
December 5, 12, 19 (No 12/26)	December 6, 13, 20 (No 12/27)	December 7, 14, 21 (No 12/28)	December 1, 8, 15, 22 (No 12/29)	December 2, 9, 16, 23 (No 12/30)	December 3, 10, 17 (No 12/24, 12/31)	December 4, 11, 18 (No 12/25)
January 9, 23, 30 (No 1/2, 1/16)	January 3, 10, 17, 24, 31	January 4, 11, 18, 25	January 5, 12, 19, 26	January 6, 13, 20, 27	January 7, 14, 21, 28	January 8, 15, 22, 29 (No 1/1)
February 6, 13, 27 (No 2/20)	February 7, 14, 28 (No 2/21)	February 1, 8, 15 (No 2/22)	February 2, 9, 16 (No 2/23)	February 3, 10, 17 (No 2/24)	February 4, 11, 18, 25	February 5, 12, 19, 26
March 6, 13, 20, 27	March 7, 14, 21, 28	March 1, 8, 15, 22, 29	March 2, 9, 16, 23, 30	March 3, 17, 24, 31 (No 3/10)	March 4, 18, 25 (No 3/11)	March 5, 19, 26 (No 3/12)
April 3, 10	April 4, 11	April 5, 12	April 6, 13	April 7, 14	April 1, 8	April 2, 9
16 weeks	18 weeks	18 weeks	18 weeks	17 weeks	16 weeks	16 weeks

.....

Loring Arena in Framingham

TUESDAYS
November 29
December 13, 20 (No 12/6, 12/27)
January 3, 10, 17, 24, 31
February 7, 14, 28 (no 2/21)
March 7, 14, 21, 28
April 4, 11
17 weeks

