

NorthStar Figure Skating Club's Silver Stars Program 2017-2018

(Basic 5 & 6, Pre-Freeskate, Freeskate 1)

For registration visit northstar.assn.la

November 27-June 27

Class Day: Choose 1 or more package

Wednesday	Thursday	Saturday
<i>Rink C</i>	<i>Rink C</i>	
4:40-6:10 Package 4:40-5:00 Boot Camp 5:00-5:25 Class 5:25-6:00 Practice/Private* 6:00-6:10 Cardio	4:40-6:00 Package 4:40-5:00 Boot Camp 5:00-5:25 Class 5:35-6:00 Practice/Private*	11:30-12:40 Package 11:30-11:50 Boot Camp (Rink B) (11:30-11:50 not offered 4/28, 5/5, 5/12) 11:50-12:15 Class (Rink C) 12:15-12:40 Practice/Private* (Rink C)

*additional coaching fees apply

Additional Open/Freestyle Sessions: Choose 1 or more; for skaters to practice and/or take mandatory private lesson(s)

Rink C unless otherwise noted

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2:50-3:40 Open (Rink B)	2:50-3:40 Open (Rink B)			<i>Rink B</i>	8:00-8:45 Open (Rink B)	7:45-8:30 Open (Rink B)
		5:00-6:00 Open 6:00-6:10 cardio	5:00-6:00 Open	2:50-3:40 Open	8:45-9:30 Open (Rink B)	8:40-9:40 Open (Rink B)
					11:50-12:40 Open	11:50-12:50 Open
					12:40-1:20 Open (Rink B)	

Off-Ice Options: Choose 1 or more class (not offered April 26-May 19)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:10-6:55	6:20-7:05	6:20-7:05	6:20-7:05		12:50-1:35	

Show Practice (Required): April 26-May 16 Mandatory Dress Rehearsal Thursday May 17 (4:00-7:00), Show May 19 (1:15-5:00)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		6:10-7:00	6:10-7:00		11:00-11:50	11:00-11:50

