

ISLAND SKATING ACADEMY SUMMER CAMP - JULY 3 - AUGUST 4, 2023

WEEKS 1 - 3 SUMMER CAMP (July 3 - 21)			WEEKS 1 - 3 SUMMER CAMP (July 3 - 21)		
MON/WED	NORTH STAR ARENA, N. RUSTICO	min	TUE/THU/FRI	NORTH STAR ARENA, N. RUSTICO	min
8:00 - 10:00	Pre-Camp Activities (optional)	150	8:00 - 10:00	Pre-Camp Activities (optional)	150
10:00 - 10:30	Starskate off-ice warm-up	30	10:00 - 10:30	Starskate off-ice warm-up	30
10:45 - 11:05	Starskate Stroking	75	10:45 - 11:05	Starskate Stroking	75
11:05 - 12:00	Starskate Freeskate & Technical		11:05 - 12:00	Starskate Freeskate & Technical	
12:00 - 1:00	LUNCH BREAK	60	12:00 - 1:00	LUNCH BREAK	60
1:00 - 1:50	Starskate Off-Ice Class	50	1:00 - 1:50	Starskate Off-Ice Class	50
2:00 - 2:45	Starskate Dance/Skills	45	2:00 - 2:45	Starskate Dance/Skills	45
2:45 - 3:00	Flood/Break	-	2:45 - 3:00	Flood/Break	-
3:00 4:15	Starskate Freeskate and Artistic	75	3:00 4:15	Starskate Freeskate and Artistic	75
3:00 4:15	Adult Figure Skating	75	3:00 4:15	Adult Figure Skating	75
4:15 - 5:00	Post Camp Activities (optional)	45	4:15 - 5:00	Post Camp Activities (optional)	45
				Break	
			5:30 - 6:30	Canskate	60
			5:30 - 6:30	Parent Assisted Canskate	60
			5:30 - 6:30	Adult Learn-to-Skate	60
			6:30 - 7:30	PowerSkate	60

WEEK 4 SUMMER CAMP (July 23 - 29)		
SAT/SUN Jul 23/Jul 29	NORTH STAR ARENA, N. RUSTICO	min
8:15 - 8:45	Starskate off-ice warm-up	30
9:00 - 9:20	Starskate Stroking	75
9:20 - 10:15	Starskate Freeskate & Technical	
10:15 - 11:05	Starskate Off-Ice Class	50
11:15 - 12:00	Starskate Dance/Skills	45
12:00 - 1:00	Flood/Break	-
1:00 - 2:15	Starskate Freeskate and Artistic	75
1:00 - 2:15	Adult Figure Skating	75

WEEK 4 SUMMER CAMP (July 23 - 29)		
Tues/Fri Jul 25/ Jul 28	NORTH STAR ARENA, N. RUSTICO	min
8:00 - 11:00	Pre-Camp Activities (optional)	150
11:00 - 12:00	Starskate Off-Ice Class	60
12:00 - 1:00	LUNCH BREAK	75
1:15 - 1:35	Starskate Stroking	75
1:35 - 2:30	Starskate Freeskate & Technical	
2:30 - 3:00	Starskate Off-Ice Class	60
3:15 - 4:00	Starskate Dance/Skills	45
4:00 - 4:15	Flood/Break	-
4:15 - 5:30	Starskate Freeskate and Artistic	75
4:15 - 5:30	Adult Figure Skating	75
5:30 - 6:30	Canskate	60
5:30 - 6:30	Parent Assisted Canskate	60
5:30 - 6:30	Adult Learn-to-Skate	60
6:30 - 7:30	PowerSkate	60

WEEK 4 SUMMER CAMP (July 23 - 29)		
Thurs Jul 27	NORTH STAR ARENA, N. RUSTICO	min
8:00 - 11:00	Pre-Camp Activities (optional)	150
11:00 - 12:00	Starskate Off-Ice Class	60
12:00 - 1:00	LUNCH BREAK	75
1:15 - 1:35	Starskate Stroking	75
1:35 - 2:30	Starskate Freeskate & Technical	
2:30 - 2:45	Flood/Break	-
2:45 - 3:45	Starskate Dance/Skills	60
4:00 - 5:00	Starskate Off-Ice Class	60
5:15 - 6:15	Starskate Freeskate and Artistic	60
5:15 - 6:15	Adult Figure Skating	60
6:15 - 6:30	Flood/Break	-
6:30 - 7:30	Canskate	60
6:30 - 7:30	Parent Assisted Canskate	60
6:30 - 7:30	Adult Learn-to-Skate	60
7:30 - 8:30	PowerSkate	60

WEEK 5 SUMMER CAMP (July 31 - Aug 4)

MON thru FRI	APM CENTRE, CORNWALL	min
8:00 - 10:00	Pre-Camp Activities (optional)	150
10:00 - 10:30	Starskate off-ice warm-up	30
10:45 - 11:05	Starskate Stroking	75
11:05 - 12:00	Starskate Freeskate & Technical	
12:00 - 1:00	LUNCH BREAK	60
1:00 - 1:50	Starskate Off-Ice Class	50
2:00 - 2:45	Starskate Dance/Skills	45
2:45 - 3:00	Flood/Break	-
3:00 4:15	Starskate Freeskate and Artistic	75
3:00 4:15	Adult Figure Skating	75
4:15 - 5:00	Post Camp Activities (optional)	45
	Break	
5:30 - 6:30	Canskate	60
5:30 - 6:30	Parent Assisted Canskate	60
5:30 - 6:30	Adult Learn-to-Skate	60
6:30 - 7:30	PowerSkate	60