

USC Winter Programming 2024

Regular USC Programming

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
PRIME TIME ICE	CanSkate 4:00-4:45pm		Intro StarSkate 4:10-5:00pm	Junior StarSkate 4:00-4:50pm	Senior/Advanced StarSkate 4:00-5:00pm	PRIME TIME ICE	Intro Enhanced¹ 9:50-10:50am
	CanSkate 4:55-5:40pm	CanSkate 5:00-5:45pm	Pre-CanSkate 5:10-5:55pm	Junior/Senior StarSkate 5:00-5:50pm	Junior/Senior StarSkate 5:10-6:10pm		Pre-CanSkate 11:00-11:45am
	Intro StarSkate 5:50-6:40pm	Intro StarSkate 6:00-6:50pm	CanSkate 6:05-6:50pm	Senior StarSkate 6:00-6:50pm	CanSkate 6:20-7:05pm		CanSkate 11:55-12:40pm
	Junior StarSkate 6:50-7:40pm	Junior StarSkate 7:00-7:50pm	Primetime Open Ice² 7:00-7:55pm	Intro StarSkate 7:00-7:50pm	CanSkate 7:15-8:00pm		CanSkate 1:00-1:45pm
	Senior StarSkate 7:50-8:50pm	Senior StarSkate 8:00-8:50pm	Power Skating 8:05-9:00pm	Advanced StarSkate 8:00-9:00pm	CanSkate (9+) 8:10-8:55pm		CanSkate 1:55-2:40pm
	Advanced StarSkate 9:00-10:00pm	Advanced StarSkate 9:00-10:00pm					CanSynchro 4:00-5:00pm

¹. Session time is 60 minutes with 10 minutes extra lesson time from regular weekday Intro StarSkate sessions. All IntroStar level skaters welcome.

². Cost for this Open Ice is more due to the increased ice cost during evening hours.

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OPEN ICE Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FIGURE SKATING ONLY - ANGUS GLEN WEST (AM ICE)						
FIGURE SKATING & POWER SKATING - CROSBY COMMUNITY CENTRE (PM ICE)						
DAY-TIME ICE	Open Ice¹ 7:00-8:00am		Open Ice¹ 7:00-8:00am	Open Ice¹ 7:00-8:00am	Open Ice¹ 7:00-8:00am	
	Open Ice¹ 8:00-8:50am		Open Ice¹ 8:00-8:50am	Open Ice¹ 8:00-8:50am	Open Ice¹ 8:00-8:50am	
	Open Ice¹ 3:00-4:00pm		Open Ice¹ 3:00-4:00pm	Open Ice¹ 3:00-4:00pm	Open Ice¹ 3:00-4:00pm	Open Ice⁶ 2:50-3:50pm
POWER SKATING ONLY - CROSBY MEMORIAL COMMUNITY CENTRE						
		Open Ice¹ 7:00-8:00am	Open Ice¹ 8:00-9:00am			Learn To Skate Open Ice⁶ 4:00-5:00pm
		Open Ice¹ 8:00-9:00am				
PRIME TIME ICE						

¹: All skaters are welcome to use this ice as extra ice time/lesson time. CanSkate/Power Skating privates must be in lesson for entire session.

⁶: Cost for this Open Ice is more due to the increased ice cost during evening hours.

For any CanSkate skater below Stage 6 MUST be coached for their time on the ice. If there is no coach, the skater is NOT allowed on ice.

During Power Skating Only Open Ice sessions, skaters are allowed to practice independently. For Mixed Open Sessions, Power Skaters are required to be in a lesson during their time on the ice. If a skater does not have a lesson scheduled, they are NOT permitted on the ice.

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USC Aspiring Athletes Programs [FASTTrack Program, Enhanced StarSkate, & Elite Performance Program (EPP)]

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (Crosby-AM) (Angus Glen East-PM)
PRIME TIME ICE			FASTTrack Program ³ 4:10-5:00pm			Enhanced StarSkate ² 8:10-9:40am
						FASTTrack Enhanced ³ 9:50-10:50am
	FASTTrack Program ³ 5:50-6:40pm	FASTTrack Program ³ 6:00-6:50pm				
				FASTTrack Program ³ 7:00-7:50pm		EPP Group A ⁴ 5:15-6:30pm 4:00-4:50pm Off-Ice ⁵
						EPP Group B ⁴ 6:40-8:10pm 5:00-5:50pm Off-Ice ⁵
			Enhanced StarSkate ² Off-Ice ⁵ 8:10-9:00pm			EPP Group C ⁴ 8:20-10:05pm 7:00-7:50pm Off-Ice ⁵

²: Skaters will be chosen to participate in this program. Skaters must be working on their Star 1 or above test to be considered. Coaches will be asked if they have any skaters that would like to participate and then an invitation letter will be sent. Session will be capped at 25 and the program will focus on skills/stroking, jumps, and spins. We will also use this session for simulations before competitions.

³: The FASTTrack Program is an exclusive, audition-only training pathway for CanSkaters aged 4-8, designed to accelerate skill development in young, dedicated skaters. FASTTrack takes place during our IntroStar sessions and requires a commitment of at least two sessions per week from participating skaters.

⁴: Skaters will be chosen to participate in this program. Any participant of this program will have their base coach notified of their participations. The program will focus on competition standards as well as different techniques used to improve on figure skating basics. Additionally, there will be guest coaches brought in to work with the skaters on different aspects like, spin technique, jump technique, music interpretation, competitive technical knowledge, etc.

⁵: Off-Ice will be located at Elite Jump Performance.