



## SMSC STARSkate 2024-2025 Off-Ice Schedule

Revised:

07-Aug-25

Season Start Date:

Monday, Sep 8, 2025

Season End Date:

Friday, May 29, 2026

**Fitness****Instructor: Rachel**

<b>Mondays</b>	<b>First Day: 15-Sep</b>		<b>Last Day: 25-May</b>	<b># of sessions: 31</b>	
Start Time	End Time	Session	Price	No Classes:	
4:30 PM	5:05 PM	STAR 1 - 2		13-Oct Thanksgiving	
5:15 PM	6:00 PM	STAR 5 - Gold		22-Dec Winter Break	
6:20 PM	6:45 PM	STAR 1 - 2		29-Dec Winter Break	
6:45 PM	7:10 PM	STAR 3 - 5		16-Feb Family Day	
7:25 PM	8:10 PM	STAR 5 - Gold		16-Mar March Break	
				18-May Victoria Day	

**Dance****Instructor: Katie**

<b>Tuesdays</b>	<b>First Day: 16-Sep</b>		<b>Last Day: 02-Jun</b>	<b># of sessions: 33</b>	
Start Time	End Time	Session	Price	No Classes:	
5:05 PM	5:35 PM	STAR 4 - 6		30-Sep Day for Truth and Reconciliation	
5:35 PM	6:00 PM	STAR 1 - 2		23-Dec Winter Break	
6:20 PM	7:00 PM	STAR 3 - Gold		30-Dec Winter Break	
7:15 PM	7:40 PM	STAR 1 - 2		17-Mar March Break	
7:45 PM	8:10 PM	STAR 5 - Gold			

**Jump****Instructor: Bennet**

<b>Wednesdays</b>	<b>First Day 17-Sep</b>		<b>Last Day 03-Jun</b>	<b># of sessions: 32</b>	
Start Time	End Time	Session	Price	No Classes:	
4:30 PM	5:05 PM	STAR 3 - 5		12-Nov Assessment Day	
5:20 PM	6:05 PM	STAR 5 - Gold		24-Dec Winter Break	
6:20 PM	6:45 PM	STAR 3 - 4		31-Dec Winter Break	
6:45 PM	7:10 PM	STAR 1 - 2		11-Mar Assessment Day	
7:20 PM	8:05 PM	STAR 5 - Gold		18-Mar March Break	

**Cardio/Stretch/Flexibility****Instructor: Stephanie**

<b>Thursdays</b>	<b>First Day 18-Sep</b>		<b>Last Day 04-Jun</b>	<b># of sessions: 33</b>	
Start Time	End Time	Session	Price	No Classes:	
4:30 PM	5:10 PM	STAR 3 - 5		18-Dec Family Fun Skate	
5:20 PM	6:05 PM	STAR 6 - Gold		25-Dec Winter Break	
6:20 PM	6:55 PM	STAR 1 - 2		01-Jan Winter Break	
7:15 PM	8:00 PM	STAR 4 - Gold		19-Mar March Break	
				04-Jun Assessment Day	

**Dance****Instructor: Hannah**

<b>Fridays</b>	<b>First Day 19-Sep</b>		<b>Last Day 05-Jun</b>	<b># of sessions: 31</b>	
Start Time	End Time	Session	Price	No Classes:	
3:50 PM	4:20 PM	STAR 5 - 6		31-Oct Halloween	
4:40 PM	5:10 PM	STAR 3 - 4		19-Dec Winter Break	
5:35 PM	6:05 PM	STAR 7 - G		26-Dec Winter Break	
6:05 PM	6:30 PM	STAR 1 - 2		02-Jan Winter Break	
6:45 PM	7:15 PM	STAR 3 - 4		20-Mar March Break	
				03-Apr Good Friday	

\* Schedule is tentative and subject to change due to updates, errors &amp; omissions