# 2018-2019 STARSkate Off-ice Training Schedule

## Fitness Class Schedule Saturday (1:45-2:45)

**September 8th, 2018 – March 30 (18 sessions)**

**Location : In the Mary Snider Room of Centennial Arena**

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| September 8, 15, 22 | ** Cancel Sep29 (Sectional Competition) |
| October 6, 27 | ** Cancel Oct 13 (Competition), Oct 20 (Ice Cancelled/Hockey Tournament) |
| November 17 | ** Cancel Nov 3 (Competition), Nov 10 Nov 24 (Super Series Competition) |
| December 1, 8, 22, 29 | ** Cancel December 15 (Competition) |
| January 5, 26 | ** Cancel Jan 12 (Competition), January 19 (Competition) |
| February 9, 23 | ** Cancel Feb 2 (ST. Thomas Competition), Feb 16(No ice) |
| March 2, 9, 16, 30 | ** Cancel March 23 (Hockey Tournament), |

## Expressive Movement Class Schedule

**Location: Centennial Arena Lobby (Group and private)**

**Lesson Schedule (Friday) September 7th- March 29 (20 sessions)**

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| 5:15- 6:00 pm | Intermediate 4 / Senior Group (45 min) |
| 6:00-6:15 pm | Private Lesson (15 min) |
| 6:20-7:05 pm | JR / Intermediate 3 Group (45 min) |
| 7:05- 7:20 pm | Private Lesson (15 min) |

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| Sep 7, 14, 21 | ** Cancel: September 28 (Paris Competition) |
| Oct 5, 19, 26 | ** Cancel: Oct 12(Barrie Competition) |
| Nov 16, 30 | ** Cancel : Nov 2 (Ice Cancelled), Nov 9 (Jena is n/a), Nov 23 (Keswick Competition) |
| Dec 7, 21, 28 | ** Cancel: Dec 14 (Stratford Competition) |
| Jan 4, 18, 25 | ** Cancel: Jan 11 (Competition) |
| Feb 8, 22 | Feb 1 (Competition), Feb 15 (Competition) |
| Mar 1, 8, 15, 29 | ** Cancel: Mar 22 (No Ice: Hockey Tournament) |