



Connaught Skating Club Fall 2021
Competitive Program Schedule & Pricing
***** BRONZE TRAINING PODS 1 & 2 *****
 All sessions held at Minoru Arenas & the Richmond Olympic Oval
 September 7 - December 19, 2021

vers 01/09/2021

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY Sept 13 - Dec 13	Pod 1 Bronze - freeskate	3:30-4:15pm	Minoru - Stadium	Oct 11, Dec 13	12		\$138
	Pod 2 Bronze - freeskate	4:15-5:00pm	Minoru - Stadium	Oct 11, Dec 13	12		\$138
WEDNESDAY Sept 8 - Dec 15	Pod 1 Bronze - group	3:30-4:15pm	Minoru - Silver (Dec 15 - Stadium)		15	45 mins	\$420
	Pod 1 Bronze - dryland	4:30-5:30pm	Minoru - to be confirmed		15	60 mins	
	Pod 2 Bronze - group	4:15-5:00pm	Minoru - Silver (Dec 15 - Stadium)		15	45 mins	\$420
	Pod 2 Bronze - dryland	5:30-6:30pm	Minoru - to be confirmed		15	60 mins	
FRIDAY Sept 10 - Dec 17	Pod 1 Bronze - group	3:30-4:30pm	Minoru - Silver (Dec 10, 17 - Stadium)		15	60 mins	\$435
	Pod 1 Bronze - dryland	4:45-5:15pm	Minoru - to be confirmed		15	30 mins	
	Pod 2 Bronze - group	4:15-5:15pm	Minoru - Silver (Dec 10, 17 - Stadium)		15	60 mins	\$423
	Pod 2 Bronze - dryland	5:25-5:50pm	Minoru - to be confirmed		15	25 mins	
SATURDAY Sept 11 - Dec 18	Pod 1 Bronze - freeskate	8:45-9:15am	Minoru - Stadium		15		\$90
	Pod 2 Bronze - freeskate	11:15-12:00pm	Minoru - Stadium		15		\$135
SUNDAY Sept 12 - Dec 19	Pod 1 Bronze - freeskate	11:30-12:15pm	Oval	Oct 10	14		\$126
	Pod 2 Bronze - freeskate	12:15-1:00pm	Oval	Oct 10	14		\$126

Notes:

The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2021-Aug 2022)

Schedule is subject to change.

Always check website for schedule changes.

You will be notified regarding which training pod your skater is assigned to.

There is no flexibility within pod assignments. Speak with your primary coach should you have concerns.

OPEN and Competitive Day ice


	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY Sept 13 - Dec 13	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 13 - Stadium)	Oct 11	13		\$195
	Bronze/Silver/Gold competitive day ice	12:30-1:30pm	Minoru - Stadium	Oct 11, Dec 13	12		\$144
TUESDAY Sept 7 - Dec 14	Bronze/Silver competitive day ice	12:30-1:30pm	Minoru - Stadium		15		\$180
	OPEN freeskate	2:15-3:15pm	Minoru - Stadium		15		\$180
WEDNESDAY Sept 8 - Dec 15	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 15 - Stadium)		15		\$225
	Bronze/Silver competitive day ice	12:30-1:30pm	Minoru - Stadium		15		\$180
THURSDAY Sept 9 - Dec 16	Bronze competitive day ice	2:15-3:15pm	Minoru - Silver	Sept 30, Nov 11, Dec 16	12		\$144
FRIDAY Sept 10 - Dec 17	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 10, 17 - Stadium)		15		\$225
	Bronze/Silver competitive day ice	12:30-1:30pm	Minoru - Silver (Dec 10, 17 - Stadium)		15		\$180

	<div>Connaught Skating Club Fall 2021</div> <div>Competitive Program Schedule & Pricing</div> <div>*** SILVER TRAINING PODS 1 & 2 ***</div> <div>All sessions held at Minoru Arenas & the Richmond Olympic Oval</div> <div>September 7 - December 19, 2021</div> <div>vers 01/09/2021</div>						
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY Sept 13 - Dec 13	Pod 1 Silver - freeskate	3:30-4:15pm	Minoru - Silver (Dec 13 - Stadium)	Oct 11	13		\$215
	Pod 1 Silver - fitness	4:45-5:30pm	Minoru - to be confirmed	Oct 11	13	45 mins	
	Pod 2 Silver - freeskate	6:00-6:45pm	Minoru - Silver (Dec 13 - Stadium)	Oct 11	13		\$182
	Pod 2 Silver - fitness	7:00-7:30pm	Minoru - to be confirmed	Oct 11	13	30 mins	
TUESDAY Sept 7 - Dec 14	Pod 1 Silver - group	3:30-4:15pm	Minoru - Silver (Dec 14 - Stadium)		15	45 mins	\$270
	Pod 2 Silver - group	4:15-5:00pm	Minoru - Silver (Dec 14 - Stadium)		15	45 mins	\$270
WEDNESDAY Sept 8 - Dec 15	Pod 1 Silver - freeskate	5:30-6:15pm	Oval		15		\$210
	Pod 1 Silver - dryland	6:30-7:00pm	Oval Studio 2010		15	30 mins	
	Pod 2 Silver - freeskate	6:15-7:00pm	Oval		15		\$210
	Pod 2 Silver - dryland	7:15-7:45pm	Oval Studio 2010		15	30 mins	
THURSDAY Sept 9 - Dec 16	Pod 1 Silver - group	3:30-4:15pm	Minoru - Silver	Sept 30, Nov 11, Dec 16	12	45 mins	\$216
	Pod 2 Silver - group	4:15-5:00pm	Minoru - Silver	Sept 30, Nov 11, Dec 16	12	45 mins	\$216
SATURDAY Sept 11 - Dec 18	Pod 1 Silver - freeskate	7:00-8:00am	Oval	Oct 9	14		\$273
	Pod 1 Silver - stretch	8:15-9:00am	Oval Studio 2010	Oct 9	14	45 mins	
	Pod 2 Silver - freeskate	8:00-9:00am	Oval	Oct 9	14		\$273
	Pod 2 Silver - stretch	9:15-10:00am	Oval Studio 2010	Oct 9	14	45 mins	
<div>Notes:</div> <div>The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2021-Aug 2022)</div> <div>Schedule is subject to change.</div> <div>Always check website for schedule changes.</div> <div>You will be notified regarding which training pod your skater is assigned to.</div> <div>***There is no flexibility within pod assignments. Speak with your primary coach should you have concerns.***</div>							

OPEN and Competitive Day ice							
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY Sept 13 - Dec 13	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 13 - Stadium)	Oct 11	13		\$195
	Bronze/Silver/Gold competitive day ice	12:30-1:30pm	Minoru - Stadium	Oct 11, Dec 13	12		\$144
TUESDAY Sept 7 - Dec 14	Bronze/Silver competitive day ice	12:30-1:30pm	Minoru - Stadium		15		\$180
	OPEN freeskate	2:15-3:15pm	Minoru - Stadium		15		\$180
WEDNESDAY Sept 8 - Dec 15	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 15 - Stadium)		15		\$225
	Bronze/Silver competitive day ice	12:30-1:30pm	Minoru - Stadium		15		\$180
THURSDAY Sept 9 - Dec 16	Silver/Gold competitive day ice	1:30-2:15pm	Minoru - Silver	Sept 30, Nov 11, Dec 16	12		\$108
FRIDAY Sept 10 - Dec 17	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 10, 17 - Stadium)		15		\$225
	Bronze/Silver competitive day ice	12:30-1:30pm	Minoru - Silver (Dec 10, 17 - Stadium)		15		\$180

	Connaught Skating Club Fall 2021 Competitive Program Schedule & Pricing *** GOLD TRAINING PODS 1 & 2 *** All sessions held at Minoru Arenas & the Richmond Olympic Oval September 7 - December 19, 2021 <small>vers 01/09/2021</small>						
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY Sept 13 - Dec 13	Pod 1 Gold - freeskate	3:30-4:15pm (3:15-4:00pm Oct 11)	Oval		14		\$231
	Pod 1 Gold - Pilates	4:30-5:15pm	Oval Studio 2026 (Sept 13, 20, 27 - Sprint Lane, Oct 8 - Court 8)		14	45 mins	
	Pod 2 Gold - freeskate	4:15-5:00pm	Minoru - Silver (Dec 13 - Stadium)	Oct 11	13		\$117
TUESDAY Sept 7 - Dec 14	Pod 1 Gold - ballet	5:15-5:45pm	Minoru - to be confirmed		15	30 mins	G Pod 1 \$345 (5:15-6:45pm) G Pod 2 \$345 (6:00-7:30pm)
	Pods 1/2 Gold - group	6:00-6:45pm	Minoru - Silver (Dec 14 - Stadium)		15	45 mins	
	Pod 2 Gold - ballet	7:00-7:30pm	Minoru - to be confirmed		15	30 mins	
WEDNESDAY Sept 8 - Dec 15	Pod 1 Gold - freeskate	6:45-7:30pm	Minoru - Silver (Dec 15 - Stadium)		15		\$135
THURSDAY Sept 9 - Dec 16	Pod 2 Gold - freeskate	5:00-5:45pm	Minoru - Silver	Sept 30, Nov 11, Dec 16	12		\$168
	Pod 2 Gold - fitness	6:00-6:30pm	Minoru - to be confirmed	Sept 30, Nov 11, Dec 16	12	30 mins	
FRIDAY Sept 10 - Dec 17	Pod 1 Gold - dryland Pod 2 Gold - dryland	5:50-6:20pm	Minoru - to be confirmed		15	30 mins	G Pod 1 \$435 G Pod 2 \$435
	Pods 1/2 Gold - group	6:30-7:30pm	Minoru - Silver (Dec 10, 17 - Stadium)		15	60 mins	
SATURDAY Sept 11 - Dec 18	Pod 1 Gold - freeskate	9:30-10:15am	Minoru - Stadium		15		\$135
	Pod 2 Gold - freeskate	10:00-10:45am	Oval	Oct 9	14		\$126
Notes: The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2021-Aug 2022) Schedule is subject to change. Always check website for schedule changes. You will be notified regarding which training pod your skater is assigned to. ***There is no flexibility within pod assignments. Speak with your primary coach should you have concerns.***							

OPEN and Competitive Day ice							
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY Sept 13 - Dec 13	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 13 - Stadium)	Oct 11	13		\$195
	Bronze/Silver/Gold competitive day ice	12:30-1:30pm	Minoru - Stadium	Oct 11, Dec 13	12		\$144
TUESDAY Sept 7 - Dec 14	Gold competitive day ice	1:30-2:15pm	Minoru - Stadium		15		\$135
	OPEN freeskate	2:15-3:15pm	Minoru - Stadium		15		\$180
WEDNESDAY Sept 8 - Dec 15	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 15 - Stadium)		15		\$225
	Gold competitive day ice	1:30-2:15pm	Minoru - Stadium		15		\$135
THURSDAY Sept 9 - Dec 16	Silver/Gold competitive day ice	1:30-2:15pm	Minoru - Silver	Sept 30, Nov 11, Dec 16	12		\$108
FRIDAY Sept 10 - Dec 17	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 10, 17 - Stadium)		15		\$225
	Gold competitive day ice	1:30-2:30pm	Minoru - Silver (Dec 10, 17 - Stadium)		15		\$180

	Connaught Skating Club Fall 2021 Competitive Program Schedule & Pricing *** DIAMOND TRAINING PODS 1 & 2 *** All sessions held at Minoru Arenas & the Richmond Olympic Oval September 7 - December 19, 2021 <small>vers 01/09/2021</small>						
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY Sept 13 - Dec 13	Pod 1 Diamond - fitness	4:00-4:45pm	Minoru - to be confirmed	Oct 11	13	45 mins	\$215
	Pod 1 Diamond - freeskate	5:00-5:45pm	Minoru - Stadium	Oct 11	13		
	Pod 2 Diamond - fitness	6:15-7:00pm	Minoru - to be confirmed	Oct 11	13	45 mins	\$215
	Pod 2 Diamond - freeskate	7:45-8:30pm	Minoru - Silver (Dec 13 - Stadium)	Oct 11	13		
TUESDAY Sept 7 - Dec 14	Pod 1 Diamond - ballet	4:15-5:00pm	Oval Studio 2010		15	45 mins	\$113
	Pods 1/2 Diamond - group	5:00-5:45pm	Minoru - Silver (Dec 14 - Stadium)		15	45 mins	\$270
	Pod 2 Diamond - ballet	6:00-6:45pm	Minoru - to be confirmed		15	45 mins	\$113
WEDNESDAY Sept 8 - Dec 15	Pod 1 Diamond - Pilates	6:30-7:00pm	Minoru - to be confirmed		15	30 mins	\$210
	Pod 1 Diamond - freeskate	7:30-8:15pm	Minoru - Silver (Dec 15 - Stadium)		15		
	Pod 2 Diamond - Pilates	7:00-7:45pm	Minoru - to be confirmed		15	45 mins	\$248
	Pod 2 Diamond - freeskate	8:00-8:45pm	Minoru - Silver (Dec 15 - Stadium)		15		
THURSDAY Sept 9 - Dec 16	Pod 1 Diamond - fitness	6:30-7:00pm	Minoru - to be confirmed	Sept 30, Nov 11, Dec 9, Dec 16	11		\$154
	Pod 1 Diamond - freeskate	7:30-8:15pm	Minoru - Silver	Sept 30, Nov 11, Dec 9, Dec 16	11		
	Pod 2 Diamond - freeskate	8:15-9:00pm	Minoru - Silver	Sept 30, Nov 11, Dec 9, Dec 16	11		\$99
FRIDAY Sept 10 - Dec 17	Pod 1 Diamond - dryland	5:00-5:45pm	Oval Studio 2010	Oct 8	14	45 mins	\$231
	Pod 1 Diamond - freeskate	6:15-7:00pm	Oval	Oct 8	14		
	Pod 2 Diamond - dryland	6:15-6:45pm	Oval Studio 2010	Oct 8	14	30 mins	\$196
	Pod 2 Diamond - freeskate	7:00-7:45pm	Oval	Oct 8	14		
SATURDAY Sept 11 - Dec 18	Pod 1 Diamond - freeskate	9:15-10:00am	Oval	Oct 9	14		\$126
	Pod 2 Diamond - freeskate	1:00-1:45pm	Oval	Oct 9	14		\$126
Notes: The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2021-Aug 2022) Schedule is subject to change. Always check website for schedule changes. You will be notified regarding which training pod your skater is assigned to. ***There is no flexibility within pod assignments. Speak with your primary coach should you have concerns.***							

OPEN and Competitive Day ice							
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY Sept 13 - Dec 13	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 13 - Stadium)	Oct 11	13		\$195
	Diamond competitive day ice + Group	2:00-3:15pm	Minoru - Stadium	Oct 11, Dec 13	12	15 mins	\$216
TUESDAY Sept 7 - Dec 14	OPEN freeskate	2:15-3:15pm	Minoru - Stadium		15		\$180
	Diamond competitive day ice	3:00-4:00pm	Oval		15		\$180
WEDNESDAY Sept 8 - Dec 15	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 15 - Stadium)		15		\$225
	Diamond competitive day ice	3:00-3:45pm	Oval		15		\$135
THURSDAY Sept 9 - Dec 16	Diamond competitive day ice	3:00-3:45pm	Oval	Nov 11	14		\$126
FRIDAY Sept 10 - Dec 17	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 10, 17 - Stadium)		15		\$225
	Diamond competitive day ice	3:00-3:45pm	Oval	Oct 8	14		\$126



Connaught Skating Club Fall 2021
Competitive Program Schedule & Pricing
***** TOP FLIGHT TRAINING PODS 1 & 2 *****
All sessions held at Minoru Arenas & the Richmond Olympic Oval
September 7 - December 19, 2021
 vers 01/09/2021

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY Sept 13 - Dec 13	Pod 1 Top Flight - freeskate	4:15-5:00pm (4:00-4:45pm Oct 11)	Oval		14		\$231
	Pod 1 Top Flight - Pilates	5:15-6:00pm	Oval Studio 2026 (Sept 13, 20, 27 - Sprint Lane, Oct 8 - Court 8)		14	45 mins	
	Pod 2 Top Flight - fitness	5:30-6:15pm	Minoru - to be confirmed	Oct 11	13	45 mins	\$215
	Pod 2 Top Flight - freeskate	6:45-7:30pm	Minoru - Silver (Dec 13 - Stadium)	Oct 11	13		
TUESDAY Sept 7 - Dec 14	Pods 1/2 Top Flight - ballet	3:15-4:15pm	Oval Studio 2010		15	60 mins	\$150
	Pod 1 Top Flight - freeskate	7:00-7:45pm	Minoru - Silver (Dec 14 - Stadium)		15		TF Pod 1 \$225 (7:00-8:00pm) TF Pod 2 \$225 (7:45-8:45pm)
	Pods 1/2 Top Flight - group	7:45-8:00pm	Minoru - Silver (Dec 14 - Stadium)		15	15 mins	
	Pod 2 Top Flight - freeskate	8:00-8:45pm	Minoru - Silver (Dec 14 - Stadium)		15		
WEDNESDAY Sept 8 - Dec 15	Pod 1 Top Flight - freeskate	4:00-4:45pm	Oval		15		\$210
	Pod 1 Top Flight - stretch	5:00-5:30pm	Oval - to be determined		15	30 mins	
	Pod 2 Top Flight - freeskate	4:45-5:30pm	Oval		15		\$210
	Pod 2 Top Flight - stretch	5:45-6:15pm	Oval Studio 2010		15	30 mins	
THURSDAY Sept 9 - Dec 16	Pod 1 Top Flight - freeskate	6:00-6:45pm	Minoru - Silver	Sept 30, Nov 11, Dec 16	12		\$108
	Pod 2 Top Flight - freeskate	6:45-7:30pm	Minoru - Silver	Sept 30, Nov 11, Dec 9, Dec 16	11		\$99
FRIDAY Sept 10 - Dec 17	Pod 1 Top Flight - freeskate + spin	4:00-5:00pm	Oval	Oct 8	14	15 mins	\$280
	Pod 1 Top Flight - dryland	5:45-6:15pm	Oval Studio 2010	Oct 8	14	30 mins	
	Pod 2 Top Flight - dryland	4:00-4:45pm	Oval Studio 2010	Oct 8	14	45 mins	\$315
	Pod 2 Top Flight - freeskate + spin	5:15-6:15pm	Oval	Oct 8	14	15 mins	
SATURDAY Sept 11 - Dec 18	Pod 2 Top Flight - freeskate	11:00-11:45am	Oval	Oct 9	14		TF Pod 2 \$294 (11:00-12:15am) TF Pod 1 \$294 (11:45-1:00pm)
	Pods 1/2 Top Flight - group	11:45-12:15pm	Oval	Oct 9	14	30 mins	
	Pod 1 Top Flight - freeskate	12:15-1:00pm	Oval	Oct 9	14		

Notes:
 The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2021-Aug 2022)
 Schedule is subject to change.
 Always check website for schedule changes.
 You will be notified regarding which training pod your skater is assigned to.

There is no flexibility within pod assignments. Speak with your primary coach should you have concerns.

	OPEN and Competitive Day ice						
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY Sept 13 - Dec 13	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 13 - Stadium)	Oct 11	13		\$195
	Top Flight competitive day ice + group	2:00-3:15pm	Oval		14	15 mins	\$252
TUESDAY Sept 7 - Dec 14	Top Flight competitive day ice	2:00-3:00pm	Oval		15		\$180
	OPEN freeskate	2:15-3:15pm	Minoru - Stadium		15		\$180
WEDNESDAY Sept 8 - Dec 15	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 15 - Stadium)		15		\$225
	Top Flight competitive day ice	2:00-3:00pm	Oval		15		\$180
THURSDAY Sept 9 - Dec 16	Top Flight competitive day ice	2:00-3:00pm	Oval	Nov 11	14		\$168
FRIDAY Sept 10 - Dec 17	OPEN freeskate	6:30-7:45am	Minoru - Silver (Dec 10, 17 - Stadium)		15		\$225
	Top Flight competitive day ice	2:00-3:00pm	Oval	Oct 8	14		\$168



Connaught Skating Club Fall 2021
Competitive Program Schedule & Pricing
***** PAIRS DEVELOPMENT PROGRAM *****
 All sessions held at Minoru Arenas
 September 7 - December 19, 2021
vers 01/09/2021

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY Sept 13 - Dec 13	PDP - off ice lifts	7:45-8:15pm	Minoru - to be confirmed	Oct 11	13		*coaching fees will be invoiced to skaters
	PDP - group class	8:30-9:00pm	Minoru - Silver (Dec 13 - Stadium)	Oct 11	13		\$98* *coaching fees will be invoiced to skaters
WEDNESDAY Sept 8 - Dec 15	PDP - freeskate	2:15-3:15pm	Minoru - Stadium		15		\$225
FRIDAY Sept 10 - Dec 17	PDP - freeskate	7:45-8:30pm	Minoru - Silver (Dec 10, 17 - Stadium)		15		\$180
SATURDAY Sept 11 - Dec 18	PDP - freeskate	8:00-8:45am	Minoru - Stadium		15		\$180

Notes:
The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2021-Aug 2022)
Schedule is subject to change.
Always check website for schedule changes.

Coaching fees for all freeskate sessions will be invoiced by the coach(es) directly to the skaters.