



Connaught Skating Club Summer 2021
Competitive Program Schedule & Pricing
***** BRONZE TRAINING PODS 1, 2 & 3 *****
 All sessions held at the Richmond Ice Centre
 July 5 - August 13, 2021

vers 30/05/2021

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY July 5 - August 9	Bronze Pod 1 - group	8:45-9:30am	Richmond Ice Centre	August 2	5	45 mins	<p align="center"><u>BRONZE POD 1</u></p> <p align="center">OPTION A - 5 days per week (Mon-Fri)</p> <p align="center">includes 3 freeskates, 2 group sessions & 3 off ice sessions PER WEEK: \$525</p> <p align="center">OPTION B - 4 days per week (Mon-Thurs)</p> <p align="center">includes 2 freeskates, 2 group sessions and 2 off ice sessions PER WEEK: \$469</p> <p align="center"><u>BRONZE POD 2</u></p> <p align="center">OPTION A - 5 days per week (Mon-Fri)</p> <p align="center">includes 3 freeskates, 2 group sessions & 3 off ice sessions PER WEEK: \$495</p> <p align="center">OPTION B - 4 days per week (Mon-Thurs)</p> <p align="center">includes 2 freeskates, 2 group sessions & 2 off ice sessions PER WEEK: \$436</p> <p align="center"><u>BRONZE POD 3</u></p> <p align="center">OPTION A - 4 days per week (Mon-Thurs)</p> <p align="center">includes 2 freeskates, 2 group sessions & 4 off ice sessions PER WEEK: \$509</p> <p align="center">OPTION B - 3 days per week (Mon-Wed)</p> <p align="center">includes 2 freeskates, 1 group sessions & 3 off ice sessions PER WEEK: \$391</p>
	Bronze Pod 3 - ballet	10:00-10:45am	Holiday Inn	August 2	5	45 mins	
	Bronze Pod 2 - group	10:30-11:15am	Richmond Ice Centre	August 2	5	45 mins	
	Bronze Pod 3 - group	11:15-12:00pm	Richmond Ice Centre	August 2	5	45 mins	
TUESDAY July 6 - August 10	Bronze Pod 1 - freeskate	8:45-9:30am	Richmond Ice Centre		6		
	Bronze Pod 2 - freeskate	9:30-10:15am	Richmond Ice Centre		6		
	Bronze Pod 1 - ballet	10:00-10:45am	Holiday Inn		6	45 mins	
	Bronze Pod 3 - freeskate	10:30-11:15am	Richmond Ice Centre		6		
	Bronze Pod 2 - ballet	11:00-11:30am	Holiday Inn		6	30 mins	
	Bronze Pod 3 - fitness	11:45-12:30pm	Holiday Inn		6	45 mins	
WEDNESDAY July 7 - August 11	Bronze Pod 1 - freeskate	8:45-9:30am	Richmond Ice Centre		6		
	Bronze Pod 3 - dryland	10:00-10:45am	Holiday Inn		6	45 mins	
	Bronze Pod 2 - freeskate	10:30-11:15am	Richmond Ice Centre		6		
	Bronze Pod 3 - freeskate	11:15-12:00pm	Richmond Ice Centre		6		
THURSDAY July 8 - August 12	Bronze Pod 1 - group	8:45-9:30am	Richmond Ice Centre		6	45 mins	
	Bronze Pod 2 - group	9:30-10:15am	Richmond Ice Centre		6	45 mins	
	Bronze Pod 1 - stretch	10:00-10:45am	Holiday Inn		6	45 mins	
	Bronze Pod 3 - group	10:30-11:15am	Richmond Ice Centre		6	45 mins	
	Bronze Pod 2 - stretch	11:00-11:30am	Holiday Inn		6	30 mins	
	Bronze Pod 3 - stretch	11:45-12:30pm	Holiday Inn		6	45 mins	
FRIDAY July 9 - August 13	Bronze Pod 1 - freeskate	10:30-11:15am	Richmond Ice Centre		6		
	Bronze Pod 2 - freeskate	11:15-12:00pm	Richmond Ice Centre		6		
	Bronze Pod 1 - dryland	11:30-12:15pm	Holiday Inn		6	45 mins	
	Bronze Pod 2 - dryland	12:30-1:15pm	Holiday Inn		6	45 mins	

Notes:

The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2020-Aug 2021)

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.



Connaught Skating Club Summer 2021
Competitive Program Schedule & Pricing
***** SILVER TRAINING PODS 1, 2 & 3 *****
All sessions held at the Richmond Ice Centre
July 5 - August 13, 2021

vers 30/05/2021

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY July 5 - August 9	Silver Pod 3 - ballet	11:45-12:30pm	Holiday Inn	August 2	5	45 mins	<p align="center"><u>SILVER POD 1</u> OPTION A - 5 days per week (Mon-Fri) includes 3 freeskates, 2 group sessions & 3 off ice sessions PER WEEK): \$527 OPTION B - 4 days per week (Mon-Thurs) includes 2 freeskates, 2 group sessions & 3 off ice sessions PER WEEK): \$520</p> <p align="center"><u>SILVER POD 2</u> OPTION A - 5 days per week (Mon-Fri) includes 3 freeskates, 2 group sessions & 3 off ice sessions PER WEEK: \$527 OPTION B - 4 days per week (Mon-Thurs) includes 2 freeskates, 2 group sessions & 3 off ice sessions PER WEEK: \$520</p> <p align="center"><u>SILVER POD 3</u> OPTION A - 4 days per week (Mon-Thurs) includes 2 freeskates, 2 group sessions & 2 off ice sessions PER WEEK: \$428 OPTION B - 3 days per week (Mon-Wed) includes 2 freeskates, 1 group session & 2 off ice sessions PER WEEK: \$351</p>
	Silver Pod 1 - ballet	12:45-1:30pm	Holiday Inn	August 2	5	45 mins	
	Silver Pod 3 - freeskate	1:00-1:45pm	Richmond Ice Centre	August 2	5		
	Silver Pod 1 - freeskate	1:45-2:30pm	Richmond Ice Centre	August 2	5		
	Silver Pod 2 - ballet	2:30-3:15pm	Holiday Inn	August 2	5	45 mins	
	Silver Pod 2 - freeskate	3:30-4:15pm	Richmond Ice Centre	August 2	5		
TUESDAY July 6 - August 10	Silver Pod 3 - group	1:00-1:45pm	Richmond Ice Centre		6	45 mins	
	Silver Pod 1 - fitness	2:30-3:15pm	Holiday Inn		6	45 mins	
	Silver Pod 1 - group	3:30-4:15pm	Richmond Ice Centre		6	45 mins	
	Silver Pod 2 - group	4:15-5:00pm	Richmond Ice Centre		6	45 mins	
WEDNESDAY July 7 - August 11	Silver Pod 3 - dryland	11:45-12:30pm	Holiday Inn		6	45 mins	
	Silver Pod 1 - dryland	12:45-1:30pm	Holiday Inn		6	45 mins	
	Silver Pod 3 - freeskate	1:00-1:45pm	Richmond Ice Centre		6		
	Silver Pod 1 - freeskate	1:45-2:30pm	Richmond Ice Centre		6		
	Silver Pod 2 - dryland	2:30-3:15pm	Holiday Inn		6	45 mins	
	Silver Pod 2 - freeskate	3:30-4:15pm	Richmond Ice Centre		6		
THURSDAY July 8 - August 12	Silver Pod 3 - group	1:00-1:45pm	Richmond Ice Centre		6	45 mins	
	Silver Pod 2 - stretch	2:30-3:15pm	Holiday Inn		6	45 mins	
	Silver Pod 1 - group	3:30-4:15pm	Richmond Ice Centre		6	45 mins	
	Silver Pod 2 - group	4:15-5:00pm	Richmond Ice Centre		6	45 mins	
FRIDAY July 9 - August 13	Silver Pod 1 - freeskate	12:00-12:45pm	Richmond Ice Centre		6		
	Silver Pod 2 - freeskate	1:00-1:45pm	Richmond Ice Centre		6		

Notes:

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Schedule is subject to change.

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Connaught Skating Club Summer 2021

Competitive Program Schedule & Pricing

*** GOLD TRAINING PODS 1 & 2 ***

All sessions held at the Richmond Ice Centre and the Richmond Olympic Oval

July 5 - August 13, 2021

vers 30/05/2021

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY July 5 - August 9	Gold Pod 1 - group	9:30-10:15am	Richmond Ice Centre	Aug 2	5	45 mins	<p><u>GOLD POD 1</u></p> <p><u>OPTION A - 5 days per week (Mon-Fri)</u></p> <p>includes 3 freeskates, 2 group sessions & 2 off ice sessions PER WEEK: \$415</p> <p><u>OPTION B - 4 days per week (Mon-Thurs)</u></p> <p>includes 2 freeskates, 2 group sessions & 2 off ice sessions PER WEEK: \$397</p> <p><u>GOLD POD 2</u></p> <p><u>OPTION A - 5 days per week (Mon-Fri)</u></p> <p>includes 3 freeskates, 2 group sessions & 3 off ice sessions PER WEEK: \$488</p> <p><u>OPTION B - 4 days per week (Mon-Thurs)</u></p> <p>includes 2 freeskates, 2 group sessions & 2 off ice sessions PER WEEK: \$436</p>
	Gold Pod 1 - ballet	11:00-11:30am	Holiday Inn	Aug 2	5	30 mins	
	Gold Pod 2 - group	4:15-5:00pm	Richmond Ice Centre	Aug 2	5	45 mins	
TUESDAY July 6 - Augsut 10	Gold Pod 2 - freeskate	11:15-12:00pm	Richmond Ice Centre		6		
	Gold Pod 2 - dryland	12:45 - 1:30pm	Holiday Inn		6	45 mins	
	Gold Pod 1 - freeskate	1:45-2:30pm	Richmond Ice Centre		6		
WEDNESDAY July 7 - August 11	Gold Pod 1 - group	9:30-10:15am	Richmond Ice Centre		6	45 mins	
	Gold Pod 1 - dryland	11:00-11:30am	Holiday Inn		6	30 mins	
	Gold Pod 2 - group	4:15-5:00pm	Richmond Ice Centre		6	45 mins	
THURSDAY July 8 - August 12	Gold Pod 2 - freeskate	11:15-12:00pm	Richmond Ice Centre		6		
	Gold Pod 2 - stretch	12:45 - 1:30pm	Holiday Inn		6	45 mins	
	Gold Pod 1 - freeskate	1:45-2:30pm	Richmond Ice Centre		6		
FRIDAY July 9 - August 13	Gold Pod 1 - freeskate	1:45-2:30pm	Richmond Ice Centre		6		
	Gold Pod 2 - dryland	1:45-2:30pm	Oval studio	July 9	5	45 mins	
	Gold Pod 2 - freeskate	2:45-3:30pm	Oval		6		

Notes:

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**Connaught Skating Club Summer 2021
Competitive Program Schedule & Pricing**

***** DIAMOND TRAINING PODS 1 & 2 *****

All sessions held at the Richmond Ice Centre AND the Richmond Olympic Oval
July 5 - August 13, 2021

vers 30/05/2021

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY July 5 - August 9	Diamond Pod 1 - freeskate	12:00-12:45pm	Richmond Ice Centre	August 2	5		DIAMOND POD 1 FEE (includes 7 freeskates & 5 off ice sessions PER WEEK): \$528
	Diamond Pod 1 - ballet	1:45-2:15pm	Holiday Inn	August 2	5	30 mins	
	Diamond Pod 1 - freeskate	2:30-3:15pm	Richmond Ice Centre	August 2	5		
	Diamond Pod 2 - freeskate	1:15-2:00pm	Oval	August 2	5		
	Diamond Pod 2 - ballet	2:30-3:15pm	Oval Studio	July 5, August 2	4	45 mins	
TUESDAY July 6 - August 10	Diamond Pod 2 - freeskate	12:00-12:45pm	Richmond Ice Centre		6		
	Diamond Pod 2 - Pilates	1:45-2:15pm	Holiday Inn		6	30 mins	
	Diamond Pod 2 - freeskate	2:30-3:15pm	Richmond Ice Centre		6		
	Diamond Pod 1 - freeskate	1:15-2:00pm	Oval		6		
	Diamond Pod 1 - dryland	2:30-3:15pm	Oval Studio	July 6	5	45 mins	
WEDNESDAY July 7 - August 11	Diamond Pod 1 - freeskate	12:00-12:45pm	Richmond Ice Centre		6		DIAMOND POD 2 FEE (includes 7 freeskates & 5 off ice sessions PER WEEK): \$534
	Diamond Pod 1 - stretch	1:45-2:15pm	Holiday Inn		6	30 mins	
	Diamond Pod 1 - freeskate	2:30-3:15pm	Richmond Ice Centre		6		
	Diamond Pod 2 - freeskate	1:15-2:00pm	Oval		6		
	Diamond Pod 2 - dryland	2:30-3:15pm	Oval Studio	July 7	5	45 mins	
THURSDAY July 8 - August 12	Diamond Pod 2 - freeskate	12:00-12:45pm	Richmond Ice Centre		6		
	Diamond Pod 2 - dryland	1:45-2:15pm	Holiday Inn		6	30 mins	
	Diamond Pod 2 - freeskate	2:30-3:15pm	Richmond Ice Centre		6		
	Diamond Pod 1 - freeskate	1:15-2:00pm	Oval		6		
	Diamond Pod 1 - stretch	2:30-3:15pm	Oval Studio	July 8	5	45 mins	
FRIDAY July 9 - August 13	Diamond Pod 1 - dryland	12:45-1:30pm	Oval Studio	July 9	5	45 mins	
	Diamond Pod 1 - freeskate	2:00-2:45pm	Oval		6		
	Diamond Pod 2 - freeskate	1:15-2:00pm	Oval		6		
	Diamond Pod 2 - dryland	2:45-3:30pm	Oval Studio	July 9	5	45 mins	

Notes:

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**Connaught Skating Club Summer 2021
Competitive Program Schedule & Pricing**

***** TOP FLIGHT TRAINING PODS 1 & 2 *****

All sessions held at the Richmond Olympic Oval and the Richmond Ice Centre

July 5 - August 13, 2021

vers 30/05/2021

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
MONDAY July 5 - August 9	Top Flight Pod 1 - freeskate	11:30-12:15pm	Oval	Aug 5	5		TOP FLIGHT POD 1 FEE (includes 10 freeskates & 4 off ice sessions PER WEEK): \$665 TOP FLIGHT POD 2 FEE (includes 10 freeskates & 4 off ice sessions PER WEEK): \$665
	Top Flight Pod 1 - ballet	12:30-1:15pm	Oval Studio	July 5, Aug 5	4	45 mins	
	Top Flight Pod 1 - freeskate	2:00-2:45pm	Oval	Aug 5	5		
	Top Flight Pod 2 - freeskate	12:15-1:00pm	Oval	Aug 5	5		
	Top Flight Pod 2 - ballet	1:30-2:15pm	Oval Studio	July 5, Aug 5	4	45 mins	
	Top Flight Pod 2 - freeskate	2:45-3:30pm	Oval	Aug 5	5		
TUESDAY July 6 - Augsut 10	Top Flight Pod 2 - freeskate	11:30-12:15pm	Oval		6		
	Top Flight Pod 2 - Pilates	12:30-1:15pm	Oval Studio	July 6	5	45 mins	
	Top Flight Pod 2 - freeskate	2:00-2:45pm	Oval		6		
	Top Flight Pod 1 - freeskate	12:15-1:00pm	Oval		6		
	Top Flight Pod 1 - Pilates	1:30-2:15pm	Oval Studio	July 6	5	45 mins	
	Top Flight Pod 1 - freeskate	2:45-3:30pm	Oval		6		
WEDNESDAY July 7 - August 11	Top Flight Pod 1 - freeskate	11:30-12:15pm	Oval		6		
	Top Flight Pod 1 - stretch	12:30-1:15pm	Oval Studio	July 7	5	45 mins	
	Top Flight Pod 1 - freeskate	2:00-2:45pm	Oval		6		
	Top Flight Pod 2 - freeskate	12:15-1:00pm	Oval		6		
	Top Flight Pod 2 - stretch	1:30-2:15pm	Oval Studio	July 7	5	45 mins	
	Top Flight Pod 2 - freeskate	2:45-3:30pm	Oval		6		
THURSDAY July 8 - August 12	Top Flight Pod 2 - freeskate	11:30-12:15pm	Oval		6		
	Top Flight Pod 2 - dryland	12:30-1:15pm	Oval Studio	July 8	5	45 mins	
	Top Flight Pod 2 - freeskate	2:00-2:45pm	Oval		6		
	Top Flight Pod 1 - freeskate	12:15-1:00pm	Oval		6		
	Top Flight Pod 1 - dryland	1:30-2:15pm	Oval Studio	July 8	5	45 mins	
	Top Flight Pod 1 - freeskate	2:45-3:30pm	Oval		6		
FRIDAY July 9 - August 13	Top Flight Pod 1 - freeskate	11:30-12:15pm	Oval		6		
	Top Flight Pod 2 - freeskate	12:15-1:00pm	Oval		6		
	Top Flight Pods 1 & 2 - freeskate	2:30-3:15pm	Richmond Ice Centre		6		

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