



**Connaught Skating Club Fall/Winter 2019/2020**  
**Competitive Program Schedule & Pricing**  
**\*\*\*BRONZE A & B \*\*\***  
**All sessions held at Minoru Arena, the Richmond Oval & Maki Performance Training**  
**September 2 - December 20, 2019**  
**January 6 - March 13, 2020**  
vers 23/12/19

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> September 2-December 16 January 6-March 9	BRONZE A - Freeskate	3:30 - 4:15pm	Minoru Arena - Stadium Rink	February 17	13 + 9		Bronze A - \$309 (Monday CORE)
	BRONZE A - Stretch	4:30-5:00pm	Minoru Arena - Mezzanine		15 + 10	30 mins	
	BRONZE B/SILVER B - Freeskate	3:30-4:30pm	Minoru Arena - Silver Rink		16 + 10		Bronze B - \$448 (Monday CORE)
	BRONZE B - Stretch	4:45-5:30pm	Minoru Arena - Mezzanine		15 + 10	45 mins	
<b>TUESDAY</b> September 3-December 17 January 7-March 10	BRONZE AB - Group	3:30-4:45pm	Minoru Arena - Silver Rink		15 + 10	75 mins	\$563
	BRONZE A - Dance	5:00-5:30pm	Minoru Arena - Mezzanine		15 + 10	30 mins	\$125
	BRONZE B - Dance	5:30-6:15pm	Minoru Arena - Mezzanine		15 + 10	45 mins	\$188
<b>WEDNESDAY</b> September 4-December 18 January 8-March 11	BRONZE AB - Freeskate + Spin	3:30-4:45pm	Minoru Arena - Silver Rink		16 + 10	15 mins	\$572 (Wednesday CORE)
	BRONZE AB - Fitness	5:00-5:45pm	Minoru Arena - Mezzanine		16 + 10	45 mins	
<b>THURSDAY</b> September 5-December 12 January 9-March 12	BRONZE AB - Group	3:30-4:30pm	Minoru Arena - Silver Rink		15 + 10	60 mins	\$450
	BRONZE A - Harness* by invite only	5:15-5:45pm	Maki Performance Training		15 + 10	30 mins	\$200
	BRONZE B - Harness* by invite only	5:45-6:15pm	Maki Performance Training		15 + 10	30 mins	\$200
<b>FRIDAY</b> September 6-December 20 January 10-March 13	BRONZE AB - Freeskate + Spin	4:00-5:00pm	Minoru Arena - Silver Rink		16 + 10	15 mins	\$585 (Friday CORE)
	BRONZE AB -Dryland	5:30-6:30pm	Richmond Oval - Room 2026		16 + 10	60 mins	
<b>SATURDAY</b> September 7-December 14 January 11-March 7	BRONZE AB - Freeskate	7:15-8:15am	Richmond Oval - North Rink	Jan 18, Feb 15, Feb 22	13 + 6		\$200

**INVOICES TOTALLING MORE THAN \$2,500 (per skater) will be discounted by 5% through UPLIFTER. All classes you are registering for (per skater) must be paid in one invoice to get the discount.**

**BRONZE A: 8 years old or under, as of July 1, 2019**

**BRONZE B: over 8 years old as of July 1, 2019**

<b>Notes:</b> <b>The \$43 Skate Canada fee is payable once per skater per skating year (Sept 2019-Aug 2020)</b> <b>Always check website for schedule changes</b> <b>simulation dates:</b>		Tues Oct 1 4:45-7:30pm (Star 5 - Senior), Fri Oct 4 4:00-7:45pm (Pre-Juv - Senior), Tues Oct 8 4:45-9:00pm (Star 4 - Senior), Tues Oct 29 3:30-6:30pm (Star 2- Pre-Juv), Tues Nov 19 4:45-9:00pm (Star 2 - Pre-Juv)

OPEN and DROP-IN SESSIONS							
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> Sept 2-Dec 16 Jan 6-Mar 9	OPEN Freeskate	6:00-7:45am	Minoru Arena - Silver Rink (Dec 16 & Jan 6 - Stadium Rink)		16 + 10		<b>\$234</b>
	Drop-in skating	12:00-1:30pm	Minoru Arena - Silver Rink				<b>pay at front desk</b>
<b>TUESDAY</b> Sept 3-Dec 17 Jan 7-Mar 10	Drop-in skating	12:00-1:30pm	Minoru Arena - Stadium				<b>pay at front desk</b>
<b>WEDNESDAY</b> Sept 4-Dec 18 Jan 8-Mar 11	OPEN Freeskate	6:00-7:45am	Minoru Arena - Silver Rink (Dec 18 - Stadium Rink)		16 + 10		<b>\$234</b>
	Drop-in skating	12:15-1:45pm	Oval				<b>pay at front desk</b>
<b>THURSDAY</b> Sept 5 - Dec 19 Jan 9-Mar 12	Drop-in skating	12:00-1:30pm	Minoru Arena - Stadium				<b>pay at front desk</b>
<b>FRIDAY</b> Sept 6-Dec 20 Jan 10-Mar 13	OPEN Freeskate	6:00-7:45am (6:00-7:30am Jan 10)	Minoru Arena - Silver Rink (Jan 10 - Stadium Rink)		16 + 10		<b>\$234</b>
	Drop-in skating	12:15-1:45pm	Oval				<b>pay at front desk</b>
<b>SUNDAY</b> Sept 8-Dec 8 Jan 12-Mar 8	OPEN Freeskate	11:30-12:30pm	Minoru Arena - Silver Rink		14 + 9		<b>\$230</b>



**Connaught Skating Club Fall/Winter 2019/2020**  
**Competitive Program Schedule & Pricing**  
**\*\*\*SILVER A & B \*\*\***  
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**September 2 - December 20, 2019**  
**January 6 - March 13, 2020**  
 vers 23/12/19

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> September 2-December 16 January 6-March 9	BRONZE B/SILVER B - Freeskate	3:30-4:30pm	Minoru Arena - Silver Rink		16 + 10		SILVER A - \$388 SILVER B - \$448 (Monday CORE)
	SILVER A/GOLD A - Freeskate	4:15-5:00pm	Minoru Arena - Stadium Rink		15 + 10		
	SILVER AB - Stretch	5:15-6:00pm	Minoru - Mezzanine		15 + 10	45 mins	
<b>TUESDAY</b> September 3-December 17 January 7-March 10	SILVER AB/GOLD AB - Group	4:45-6:00pm	Minoru Arena - Silver Rink		12 + 10	75 mins	\$495
	SILVER AB - Dance	6:15-6:45pm	Minoru Arena - Mezzanine		12 + 10	30 mins	\$110
<b>WEDNESDAY</b> September 4-December 18 January 8-March 11	SILVER AB - Fitness	5:00-5:30pm	Minoru Arena - Mezzanine		16 + 10	30 mins	\$338 (Wednesday CORE)
	SILVER AB - Freeskate	6:15-7:00pm	Minoru Arena - Silver Rink		16 + 10		
<b>THURSDAY</b> September 5-December 12 January 9-March 12	SILVER AB - Ballet	3:45-4:15pm	Minoru Centre for Active Living - Movement Space 2 **must wear ballet shoes or cotton socks		11 + 10	30 mins	\$105
	SILVER AB/GOLD AB - Group	4:30-5:45pm	Minoru Arena - Silver Rink		15 + 10	75 mins	\$563
	SILVER A - Harness*by invite only	6:15-6:45pm	Maki Performance Training		15 + 10	30 mins	\$200
	SILVER B - Harness*by invite only	6:45-7:15pm	Maki Performance Training		15 + 10	30 mins	\$200
<b>FRIDAY</b> September 6-December 20 January 10-March 13	SILVER AB - Freeskate	5:00-6:00pm	Minoru Arena - Silver Rink		16 + 10		\$520 (Friday CORE)
	SILVER AB - Dryland	6:30-7:30pm	Richmond Oval - Room 2026		16 + 10	60 mins	
<b>SATURDAY</b> September 7-December 14 January 11-March 7	SILVER AB - Freeskate	8:15-9:00am	Richmond Oval - North Rink	Jan 18, Feb 15, Feb 22	13 + 6		\$160
	SILVER AB/GOLD AB - Strength & Conditioning	10:30-11:30am	Maki Performance Training		15 + 9	60 mins	\$240

**INVOICES TOTALLING MORE THAN \$2,500 (per skater) will be discounted by 5% through UPLIFTER. All classes you are registering for (per skater) must be paid in one invoice to get the discount.**

SILVER A: 9 years old or under, as of July 1, 2019

SILVER B: over 9 years old as of July 1, 2019

**Notes:**  
 The \$43 Skate Canada fee is payable once per skater per skating year (Sept 2019-Aug 2020)  
 Always check website for schedule changes  
 simulation dates:  
 Tues Oct 1 4:45-7:30pm (Star 5 - Senior), Fri Oct 4 4:00-7:45pm (Pre-Juv - Senior), Tues Oct 8 4:45-9:00pm (Star 4 - Senior), Tues Oct 29 3:30-6:30pm (Star 2 - Pre-Juv), Tues Nov 19 4:45-9:00pm (Star 2 - Pre-Juv)

OPEN and DROP-IN SESSIONS							
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> Sept 2-Dec 16 Jan 6-Mar 9	OPEN Freeskate	6:00-7:45am	Minoru Arena - Silver Rink (Dec 16 & Jan 6 - Stadium Rink)		16 + 10		\$234
	Drop-in skating	12:00-1:30pm	Minoru Arena - Silver Rink				pay at front desk
<b>TUESDAY</b> Sept 3-Dec 17 Jan 7-Mar 10	Drop-in skating	12:00-1:30pm	Minoru Arena - Stadium				pay at front desk
<b>WEDNESDAY</b> Sept 4-Dec 18 Jan 8-Mar 11	OPEN Freeskate	6:00-7:45am	Minoru Arena - Silver Rink (Dec 18 - Stadium Rink)		16 + 10		\$234
	Drop-in skating	12:15-1:45pm	Oval				pay at front desk
<b>THURSDAY</b> Sept 5 - Dec 19 Jan 9-Mar 12	Drop-in skating	12:00-1:30pm	Minoru Arena - Stadium				pay at front desk
<b>FRIDAY</b> Sept 6-Dec 20 Jan 10-Mar 13	OPEN Freeskate	6:00-7:45am (6:00-7:30am Jan 10)	Minoru Arena - Silver Rink (Jan 10 - Stadium Rink)		16 + 10		\$234
	Drop-in skating	12:15-1:45pm	Oval				pay at front desk
<b>SUNDAY</b> Sept 8-Dec 8 Jan 12-Mar 8	OPEN Freeskate	11:30-12:30pm	Minoru Arena - Silver Rink		14 + 9		\$230



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**\*\*\*GOLD A & B\*\*\***  
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**September 2 - December 20, 2019**  
**January 6 - March 13, 2020**  
vers 23/12/19

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> September 2-December 16 January 6-March 9	SILVER A/GOLD A - Freeskate	4:15-5:00pm	Minoru Arena - Stadium Rink		15 + 10		<b>GOLD A - \$388</b> <b>GOLD B - \$396</b> <b>(Monday CORE)</b>
	GOLD B/DIAMOND B - Freeskate	4:30-5:15pm	Minoru Arena - Silver Rink		16 + 10		
	GOLD AB - Stretch	6:00-6:45pm	Minoru Arena - Mezzanine		15 + 10	45 mins	
<b>TUESDAY</b> September 3-December 17 January 7-March 10	GOLD AB - Harness*by invite only	3:30-4:00pm	Maki Performance Training		16 + 10	30 mins	\$208
	SILVER AB/GOLD AB - Group	4:45-6:00pm	Minoru Arena - Silver Rink		12 + 10	75 mins	\$495
	GOLD AB - Theory	6:15-6:45pm	Minoru - Dressing Room		12 + 10	30 mins	\$132
	GOLD AB - Dance	7:15-8:00pm	Minoru Arena - Mezzanine		12 + 10	45 mins	\$165
<b>WEDNESDAY</b> September 4-December 18 January 8-March 11	GOLD AB - Fitness	5:45-6:30pm	Minoru Arena - Mezzanine		16 + 10	45 mins	<b>\$403</b> <b>(Wednesday CORE)</b>
	GOLD AB - Freeskate	7:00-7:45pm	Minoru Arena - Silver Rink		16 + 10		
<b>THURSDAY</b> September 5-December 12 January 9-March 12	SILVER AB/GOLD AB - Group	4:30-5:45pm	Minoru Arena - Silver Rink		15 + 10	75 mins	\$563
	GOLD AB - Ballet	6:15-6:45pm	Minoru Centre for Active Living - Movement Space 2 **must wear ballet shoes or cotton socks		11 + 10	30 mins	\$158
<b>FRIDAY</b> September 6-December 20 January 10-March 13	GOLD AB - Freeskate	3:45-4:45pm	Richmond Oval - South Rink		15 + 10		<b>\$445</b> <b>(Friday CORE)</b>
	GOLD AB - Dryland	5:00-5:45pm	Richmond Oval - Room 2026		16 + 10	45 mins	
<b>SATURDAY</b> September 7-December 14 January 11-March 7	GOLD AB - Freeskate	9:00-9:45am	Richmond Oval - North Rink	Jan 18, Feb 15, Feb 22	13 + 6		\$160
	SILVER AB/GOLD AB - Strength & Conditioning	10:30-11:30am	Maki Performance Training		15 + 9	60 mins	\$240

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**GOLD A: 10 years old or under, as of July 1, 2019**

**GOLD B: over 10 years old as of July 1, 2019**

<b>Notes:</b>	
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Always check website for schedule changes	
simulation dates:	
Tues Oct 1 4:45-7:30pm (Star 5 - Senior), Fri Oct 4 4:00-7:45pm (Pre-Juv - Senior), Tues Oct 8 4:45-9:00pm (Star 4 - Senior), Tues Oct 29 3:30-6:30pm (Star 2- Pre-Juv), Tues Nov 19 4:45-9:00pm (Star 2 - Pre-Juv)	

<b>OPEN and DROP-IN SESSIONS</b>							
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> Sept 2-Dec 16 Jan 6-Mar 9	OPEN Freeskate	6:00-7:45am	Minoru Arena - Silver Rink (Dec 16 & Jan 6 - Stadium Rink)		16 + 10		<b>\$234</b>
	Drop-in skating	12:00-1:30pm	Minoru Arena - Silver Rink				<b>pay at front desk</b>
<b>TUESDAY</b> Sept 3-Dec 17 Jan 7-Mar 10	Drop-in skating	12:00-1:30pm	Minoru Arena - Stadium				<b>pay at front desk</b>
<b>WEDNESDAY</b> Sept 4-Dec 18 Jan 8-Mar 11	OPEN Freeskate	6:00-7:45am	Minoru Arena - Silver Rink (Dec 18 - Stadium Rink)		16 + 10		<b>\$234</b>
	Drop-in skating	12:15-1:45pm	Oval				<b>pay at front desk</b>
<b>THURSDAY</b> Sept 5 - Dec 19 Jan 9-Mar 12	Drop-in skating	12:00-1:30pm	Minoru Arena - Stadium				<b>pay at front desk</b>
<b>FRIDAY</b> Sept 6-Dec 20 Jan 10-Mar 13	OPEN Freeskate	6:00-7:45am (6:00-7:30am Jan 10)	Minoru Arena - Silver Rink (Jan 10 - Stadium Rink)		16 + 10		<b>\$234</b>
	Drop-in skating	12:15-1:45pm	Oval				<b>pay at front desk</b>
<b>SUNDAY</b> Sept 8-Dec 8 Jan 12-Mar 8	OPEN Freeskate	11:30-12:30pm	Minoru Arena - Silver Rink		14 + 9		<b>\$230</b>



**Connaught Skating Club Fall/Winter 2019/2020  
Competitive Program Schedule & Pricing**

**\*\*\* DIAMOND B \*\*\***

All sessions held at Minoru Arena, the Richmond Oval & Maki Performance Training

September 2 - December 20, 2019

January 6 - March 13, 2020

vers 23/12/19

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> September 2-December 16 January 6-March 9	GOLD B/DIAMOND B - Freeskate	4:30-5:15pm	Minoru Arena - Silver Rink		16 + 10		\$208
	DIAMOND AB - Freeskate	5:30-6:15pm	Minoru Arena - Silver Rink		16 + 10		\$396
	DIAMOND B - Stretch	6:45-7:30pm	Minoru Arena - Mezzanine		15 + 10	45 mins	(Monday CORE)
<b>TUESDAY</b> September 3-December 17 January 7-March 10	DIAMOND B - Harness*by invite only	4:00-4:30pm	Maki Performance Training		16 + 10	30 mins	\$208
	DIAMOND AB - Dance	6:45-7:15pm	Minoru Arena - Mezzanine		14 + 10	30 mins	\$120
	DIAMOND AB - Freeskate + Group	7:45-9:00pm	Minoru Arena - Silver Rink		14 + 10	15 mins	\$348
<b>WEDNESDAY</b> September 4-December 18 January 8-March 11	DIAMOND AB - Freeskate	4:00-4:45pm	Richmond Oval - North Rink	Feb 19	16 + 9		\$338
	DIAMOND AB - Dryland	5:00-5:30pm	Richmond Oval - Sprint Lane		16 + 10	30 mins	(Wednesday CORE)
	DIAMOND B - Pilates	5:45-6:30pm	Richmond Oval - Sprint Lane		16 + 10	45 mins	\$195
	DIAMOND AB - Freeskate	8:00-8:45pm	Minoru Arena - Silver Rink		16 + 10		\$208
<b>THURSDAY</b> September 5-December 12 January 9-March 12	DIAMOND B - Freeskate	6:00-6:45pm	Minoru Arena - Silver Rink		15 + 10		\$200
	DIAMOND B - Ballet	7:00-7:30pm	Minoru Arena - Silver Rink Lobby		11 + 10	30 mins	\$105
	DIAMOND AB - Group	7:45-8:15pm	Minoru Arena - Silver Rink		14 + 10	30 mins	\$216
<b>FRIDAY</b> September 6-December 20 January 10-March 13	DIAMOND AB - Dryland	5:30-6:15pm	Richmond Oval - Room 2026		16 + 10	45 mins	\$543
	DIAMOND AB - Freeskate + Development	6:30-7:45pm	Richmond Oval - South Rink	Feb 21	14 + 10	15 mins	(Friday CORE)
<b>SATURDAY</b> September 7-December 14 January 11-March 7	DIAMOND AB - Freeskate	10:00-10:45am	Richmond Oval - North Rink	Jan 18, Feb 15, Feb 22	13 + 6		\$160
	DIAMOND AB - Strength & Conditioning	1:15-2:15pm	Maki Performance Training		15 + 9	60 mins	\$240

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**Notes:**

The \$43 Skate Canada fee is payable once per skater per skating year (Sept 2019-Aug 2020)

Always check website for schedule changes

simulation dates:

Tues Oct 1 4:45-7:30pm (Star 5 - Senior), Fri Oct 4 4:00-7:45pm (Pre-Juv - Senior), Tues Oct 8 4:45-9:00pm (Star 4 - Senior), Tues Oct 29 3:30-6:30pm (Star 2 - Pre-Juv), Tues Nov 19 4:45-9:00pm (Star 2 - Pre-Juv)

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>OPEN and DROP-IN SESSIONS</b>							
<b>MONDAY</b> Sept 2-Dec 16 Jan 6-Mar 9	OPEN Freeskate	6:00-7:45am	Minoru Arena - Silver Rink (Dec 16 & Jan 6 - Stadium Rink)		16 + 10		\$234
	Drop-in skating	12:00-1:30pm	Minoru Arena - Silver Rink				pay at front desk
	Competitive Day Ice	2:00-3:00pm	Minoru Arena - Silver Rink (Dec 16 - Stadium Rink)	Jan 6	16 + 9		\$325
<b>TUESDAY</b> Sept 3-Dec 17 Jan 7-Mar 10	Drop-in skating	12:00-1:30pm	Minoru Arena - Stadium				pay at front desk
	Competitive Day Ice	2:00-3:00pm	Minoru Rink - Stadium Rink		16 + 10		\$338
<b>WEDNESDAY</b> Sept 4-Dec 18 Jan 8-Mar 11	OPEN Freeskate	6:00-7:45am	Minoru Arena - Silver Rink (Dec 18 - Stadium Rink)		16 + 10		\$234
	Drop-in skating	12:15-1:45pm	Richmond Oval				pay at front desk
	Competitive Day Ice	2:00-3:00pm	Richmond Oval - North Rink		16 + 10		\$338
<b>THURSDAY</b> Sept 5 - Dec 19 Jan 9-Mar 12	Drop-in skating	12:00-1:30pm	Minoru Arena - Stadium				pay at front desk
	Competitive Day Ice	2:00-3:00pm	Minoru Arena - Stadium Rink		16 + 10		\$338
<b>FRIDAY</b> Sept 6-Dec 20 Jan 10-Mar 13	OPEN Freeskate	6:00-7:45am (6:00-7:30am Jan 10)	Minoru Arena - Silver Rink (Jan 10 - Stadium Rink)		16 + 10		\$234
	Drop-in skating	12:15-1:45pm	Richmond Oval				pay at front desk
	Competitive Day Ice	2:00-3:00pm	Richmond Oval - South Rink		16 + 10		\$338
<b>SUNDAY</b> Sept 8-Dec 8 Jan 12-Mar 8	OPEN Freeskate	11:30-12:30pm	Minoru Arena - Silver Rink		14 + 9		\$230



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	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
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	DIAMOND A - Stretch	6:30-7:15pm	Minoru Arena - Mezzanine		15 + 10	45 mins	(Monday CORE)
	DIAMOND A/TOP FLIGHT - Freeskate	7:30-8:30pm	Minoru Arena - Silver Rink		16 + 10		\$260
<b>TUESDAY</b> September 3-December 17 January 7-March 10	DIAMOND A - Harness*by invite only	5:00-5:30pm	Maki Performance Training		16 + 10	30 mins	\$208
	DIAMOND AB - Dance	6:45-7:15pm	Minoru Arena - Mezzanine		14 + 10	30 mins	\$120
	DIAMOND AB - Freeskate + Group	7:45-9:00pm	Minoru Arena - Silver Rink		14 + 10	15 mins	\$348
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	DIAMOND AB - Dryland	5:00-5:30pm	Richmond Oval - Sprint Lane		16 + 10	30 mins	(Wednesday CORE)
	DIAMOND A - Freeskate	5:45-6:30pm	Richmond Oval - North Rink	Feb 19	16 + 9		\$208
	DIAMOND A/TOP FLIGHT - Group	6:30-6:45pm	Richmond Oval - North Rink (Feb 19 - Oval South)		16 + 10	15 mins	\$117
	DIAMOND A - Pilates	7:00-7:30pm	Richmond Oval - Sprint Lane		16 + 10	30 mins	\$130
<b>THURSDAY</b> September 5-December 12 January 9-March 12	DIAMOND AB - Freeskate	8:00-8:45pm	Minoru Arena - Silver Rink		16 + 10		\$208
	DIAMOND A/TOP FLIGHT - Ballet	5:15-6:15pm	Minoru Centre for Active Living - Movement Space 2 **must wear ballet shoes or cotton socks		11 + 10	60 mins	\$210
	DIAMOND A/TOP FLIGHT - Freeskate	6:45-7:30pm	Minoru Arena - Silver Rink		15 + 10		\$200
<b>FRIDAY</b> September 6-December 20 January 10-March 13	DIAMOND AB - Group	7:45-8:15pm	Minoru Arena - Silver Rink		14 + 10	30 mins	\$216
	DIAMOND AB - Dryland	5:30-6:15pm	Richmond Oval - Room 2026		16 + 10	45 mins	\$543
	DIAMOND AB - Freeskate + Development	6:30-7:45pm	Richmond Oval - South Rink	Feb 21	14 + 9	15 mins	(Friday CORE)
<b>SATURDAY</b> September 7-December 14 January 11-March 7	DIAMOND AB - Freeskate	10:00-10:45am	Richmond Oval - North Rink	Jan 18, Feb 15, Feb 22	12 + 6		\$152
	DIAMOND A/TOP FLIGHT - Group	11:30-12:00pm	Richmond Oval - North Rink	Jan 18, Feb 15, Feb 22	13 + 6	30 mins	\$171
	DIAMOND A - Freeskate	12:00-12:45pm	Richmond Oval - North Rink	Jan 18, Feb 15, Feb 22	13 + 6		\$160
	DIAMOND AB - Strength & Conditioning	1:15-2:15pm	Maki Performance Training		15 + 9	60 mins	\$240

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OPEN and DROP-IN SESSIONS							
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
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	Drop-in skating	12:00-1:30pm	Minoru Arena - Silver Rink				pay at front desk
	Competitive Day Ice	2:00-3:00pm	Minoru Arena - Silver Rink (Dec 16 - Stadium Rink)	Jan 6	16 + 9		\$325
<b>TUESDAY</b> Sept 3-Dec 17 Jan 7-Mar 10	Drop-in skating	12:00-1:30pm	Minoru Arena - Stadium				pay at front desk
	Competitive Day Ice	2:00-3:00pm	Minoru Rink - Stadium Rink		16 + 10		\$338
<b>WEDNESDAY</b> Sept 4-Dec 18 Jan 8-Mar 11	OPEN Freeskate	6:00-7:45am	Minoru Arena - Silver Rink (Dec 18 - Stadium Rink)		16 + 10		\$234
	Drop-in skating	12:15-1:45pm	Richmond Oval				pay at front desk
	Competitive Day Ice	2:00-3:00pm	Richmond Oval - North Rink		16 + 10		\$338
<b>THURSDAY</b> Sept 5 - Dec 19 Jan 9-Mar 12	Drop-in skating	12:00-1:30pm	Minoru Arena - Stadium				pay at front desk
	Competitive Day Ice	2:00-3:00pm	Minoru Arena - Stadium Rink		16 + 10		\$338
<b>FRIDAY</b> Sept 6-Dec 20 Jan 10-Mar 13	OPEN Freeskate	6:00-7:45am (6:00-7:30am Jan 10)	Minoru Arena - Silver Rink (Jan 10 - Stadium Rink)		16 + 10		\$234
	Drop-in skating	12:15-1:45pm	Richmond Oval				pay at front desk
	Competitive Day Ice	2:00-3:00pm	Richmond Oval - South Rink		16 + 10		\$338
<b>SUNDAY</b> Sept 8-Dec 8 Jan 12-Mar 8	OPEN Freeskate	11:30-12:30pm	Minoru Arena - Silver Rink		14 + 9		\$230



Connaught Skating Club Fall/Winter 2019/2020 Competitive Program Schedule & Pricing ***TOP FLIGHT*** All sessions held at Minoru Arena, the Richmond Oval & Maki Performance Training September 2 - December 20, 2019 January 6 - March 13, 2020 vers 23/12/19						
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee
<b>MONDAY</b> September 2-December 16 January 6-March 9	TOP FLIGHT - Stretch	4:30-5:15pm	Minoru Arena - Mezzanine		15 + 10	45 mins
	TOP FLIGHT - Freeski	6:00-6:45pm	Minoru Arena - Stadium Rink		15 + 10	
	DIAMOND A/TOP FLIGHT - Freeski	7:30-8:30pm	Minoru Arena - Silver Rink		16 + 10	
<b>TUESDAY</b> September 3-December 17 January 7-March 10	TOP FLIGHT - Harness*by invite only	4:30-5:00pm	Maki Performance Training		16 + 10	30 mins
	TOP FLIGHT - Freeski + Group	6:15-7:30pm	Minoru Arena - Silver Rink		13 + 10	15 mins
	TOP FLIGHT - Dance	8:00-8:45pm	Minoru Arena - Mezzanine		14 + 10	45 mins
<b>WEDNESDAY</b> September 4-December 18 January 8-March 11	TOP FLIGHT - Freeski	4:45-5:30pm	Richmond Oval - North Rink	Feb 19	16 + 9	
	TOP FLIGHT - Dryland	5:45-6:15pm	Richmond Oval - Sprint Lane		16 + 10	30 mins
	DIAMOND A/TOP FLIGHT - Group	6:30-6:45pm	Richmond Oval - North Rink (Feb 19 - Oval South)		16 + 10	15 mins
	TOP FLIGHT - Freeski	6:45-7:30pm	Richmond Oval - North Rink (Feb 19 - Oval South)		16 + 10	
	TOP FLIGHT - Pilates	7:45-8:30pm	Richmond Oval - Sprint Lane		16 + 10	45 mins
<b>THURSDAY</b> September 5-December 12 January 9-March 12	DIAMOND A/TOP FLIGHT - Ballet	5:15-6:15pm	Minoru Centre for Active Living - Movement Space 2 **must wear ballet shoes or cotton socks		11 + 10	60 mins
	DIAMOND A/TOP FLIGHT - Freeski	6:45-7:30pm	Minoru Arena - Silver Rink		15 + 10	
	TOP FLIGHT - Freeski	8:15-9:00pm	Minoru Arena - Silver Rink		14 + 10	
<b>FRIDAY</b> September 6-December 20 January 10-March 13	TOP FLIGHT - Dryland	4:00-4:45pm	Richmond Oval - Room 2026		16 + 10	45 mins
	TOP FLIGHT - Freeski + Development	5:00-6:15pm	Richmond Oval - South Rink		15 + 10	15 mins
	TOP FLIGHT - Freeski	10:45-11:30am	Richmond Oval - North Rink	Jan 18, Feb 15, Feb 22	13 + 6	
<b>SATURDAY</b> September 7-December 14 January 11-March 7	DIAMOND A/TOP FLIGHT - Group	11:30-12:00pm	Richmond Oval - North Rink	Jan 18, Feb 15, Feb 22	12 + 6	30 mins
	TOP FLIGHT - Freeski	1:00-1:45pm	Richmond Oval - North Rink	Jan 18, Feb 15, Feb 22	13 + 6	
	TOP FLIGHT - Strength & Conditioning	2:15-3:15pm	Maki Performance Training		15 + 9	60 mins
<b>INVOICES TOTALLING MORE THAN \$2,500 (per skater) will be discounted by 5% through UPLIFTER. All classes you are registering for (per skater) must be paid in one invoice in order to get the discount.</b>						

Notes:	
*The \$43 Skate Canada fee is payable once per skater per skating year (Sept 2019-Aug 2020)	
Always check website for schedule changes	
simulation dates:	
Tues Oct 1 4:45-7:30pm (Star 5 - Senior), Fri Oct 4 4:00-7:45pm (Pre-Juv - Senior), Tues Oct 8 4:45-9:00pm (Star 4 - Senior), Tues Oct 29 3:30-6:30pm (Star 2- Pre-Juv), Tues Nov 19 4:45-9:00pm (Star 2 - Pre-Juv)	

OPEN and DROP-IN SESSIONS						
	Session	Time	Location	No Class	# Sessions	Instruction Included in fee
<b>MONDAY</b> Sept 2-Dec 16 Jan 6-Mar 9	OPEN Freeski	6:00-7:45am	Minoru Arena - Silver Rink (Dec 16 & Jan 6 - Stadium Rink)		16 + 10	
	Drop-in skating	12:00-1:30pm	Minoru Arena - Silver Rink			
	Competitive Day Ice	2:00-3:00pm	Minoru Arena - Silver Rink (Dec 16 - Stadium Rink)	Jan 6	16 + 9	
<b>TUESDAY</b> Sept 3-Dec 17 Jan 7-Mar 10	Drop-in skating	12:00-1:30pm	Minoru Arena - Stadium			
	Competitive Day Ice	2:00-3:00pm	Minoru Rink - Stadium Rink		16 + 10	
<b>WEDNESDAY</b> Sept 4-Dec 18 Jan 8-Mar 11	OPEN Freeski	6:00-7:45am	Minoru Arena - Silver Rink (Dec 18 - Stadium Rink)		16 + 10	
	Drop-in skating	12:15-1:45pm	Richmond Oval			
	Competitive Day Ice	2:00-3:00pm	Richmond Oval - North Rink		16 + 10	
<b>THURSDAY</b> Sept 5 - Dec 19 Jan 9-Mar 12	Drop-in skating	12:00-1:30pm	Minoru Arena - Stadium			
	Competitive Day Ice	2:00-3:00pm	Minoru Arena - Stadium Rink		16 + 10	
<b>FRIDAY</b> Sept 6-Dec 20 Jan 10-Mar 13	OPEN Freeski	6:00-7:45am (6:00-7:30am Jan 10)	Minoru Arena - Silver Rink (Jan 10 - Stadium Rink)		16 + 10	
	Drop-in skating	12:15-1:45pm	Richmond Oval			
	Competitive Day Ice	2:00-3:00pm	Richmond Oval - South Rink		16 + 10	
<b>SUNDAY</b> Sept 8-Dec 8 Jan 12-Mar 8	OPEN Freeski	11:30-12:30pm	Minoru Arena - Silver Rink		14 + 9	