



## Winter Session 2022

### StarSkate Programs

#### Star 1 - 3 and Star 4 to Gold

January 10 – March 11, 2022

Guelph Skating Club, P.O. Box 774, Guelph, ON N1H 6L8  
Phone: 519-763-8500  
Email: [gfsc.membership@gmail.com](mailto:gfsc.membership@gmail.com)  
[www.guelphskating.ca](http://www.guelphskating.ca)

#### Locations:

**Exhibition Arena – Monday, Wednesday, Thursday**  
**West End Community Centre – Friday**

Sanctioned to conduct Skate Canada Tests



#### Star 1

*This program is designed for skaters who have passed CanSkate and have completed 1 season of PreStar. This program includes a weekly off-ice Fitness class on Fridays from 5:30-6:30pm at Bloom Dance Company (86 Dawson Rd., Unit 2). Fitness runs Jan. 14 through Mar. 11, 2022 (**no fitness on Feb. 11**).*

#### **Program Requirements:**

Skaters must retain a professional base coach affiliated with the club. Minimum 2 day/week commitment.

Monday:	6:00 - 7:20 PM	\$170
Thursday:	6:00 - 7:20 PM	\$215
Friday:	5:30 - 6:30 PM	\$75 (Fitness)

Monday, Thursday: Exhibition Arena

**Fitness:** Program includes 1 fitness class (\$75) on Fridays from Jan. 14 – Mar. 11 (no class on Feb. 11). Class will be held at Bloom Dance Company from 5:30-6:30pm.

**Note:** Skate Canada fee (\$44.00) and ON Promotional Booklet fee (\$40) are additional.

#### Star 2-3

*This program is designed for skaters who have passed CanSkate and have completed 1 season of PreStar. This program includes a weekly off-ice Fitness class on Fridays from 5:30-6:30pm at Bloom Dance Company (86 Dawson Rd., Unit 2). Fitness runs Jan. 14 through Mar. 11, 2022 (**no fitness on Feb. 11**).*

#### **Program Requirements:**

Skaters must retain a professional base coach affiliated with the club. Minimum 2 day/week commitment. Fitness

Monday:	6:00 - 7:20 PM	\$170
Thursday:	6:00 - 7:20 PM	\$215
Friday:	4:00 – 5:50 PM	\$320
Friday:	5:30 – 6:30 PM	\$75 (Fitness)

Monday and Thursday at Exhibition Arena; Friday at WECC

**Note:** Skate Canada fee (\$44.00) and ON Promotional Booklet fee (\$40) are additional.

## Star 4 to Gold

*This program is designed for skaters who have passed Star 3 Skills, Freeskate, or Dance. This program includes a weekly off-ice Fitness class on Fridays from 6:30-7:30pm at Bloom Dance Company (86 Dawson Rd., Unit 2). Fitness runs Jan. 14 through Mar. 11, 2022 (**no fitness on Feb. 11**).*

### **Program Requirements:**

Skaters must retain a professional base coach affiliated with the club. Minimum 2 day/week commitment.

Monday:	7:30 - 8:50 PM	\$170
Thursday:	7:30 - 8:50 PM	\$215
Friday:	4:00 – 5:50 PM	\$320
Friday:	6:30 – 7:30 PM	\$75 (Fitness)

Monday and Thursday at Exhibition Arena; Friday at WECC

**Note:** Skate Canada fee (\$44.00) and ON Promotional Booklet fee (\$40) are additional.

**Non-Skating Days:** Friday, Feb. 11, 2022 (hockey or ringette tournament)  
Monday, Feb. 21, 2022 (Family Day)