WFSC SPRING 2023

Monday April 3rd – Thursday May 18th

Non-skating days April 7th, April 10th

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | | **SATURDAY** | | **SATURDAY**  **Continued** |
| **4:00-5:10**  **Star 6+** | **4:00-5:00**  **Open Star 3+** | **3:30-4:30pm**  **Open Star 4+** | **3:30-4:00**  **Pre- Canskate** | **4:00-5:10**  **Star 8+** | | **9:00-10:00**  **Star 1/2/3 (structured)** | | **3:30-4:40**  **Star 8 +** |
| **5:20-6:20**  **Star 1/2 (passed 5)**  (structured) | **5:10-6:00**  **Canskate**  **5-14 years** | **4:40-5:40**  **Star 3/4/5** | **4:10-5:00**  **Canskate**  **5-14 years** | **5:20-5:50**  **Spins and Edges** | | **10:10-10:40(30m)**  **Pre CanSkate** | | **4:50-6:00**  **Adult/16+**  **Starskate and competitive skaters only** |
| **10:50-11:20(30m)**  **Pre**  **Canskate** | |  |
| **6:30-7:40**  **Star 3/4/5** | **6:10-7:00**  **Canskate**  **5-14 years** | **5:50-6:50**  **Star 1/2 (Passed 5)**  (structured) | **5:10-6:00**  **CanSkate**  **9 to 16 years** | **5:50-7:00**  **Star 4 to 7** | | **11:30-12:20**  **CanSkate**  **5-14 years** | |  |
| **7:50-9:00**  **Star 6+** | **7:10-8:10**  **Star 6/7** | **7:00-8:10**  **Star 6/7** | **6:10-7:20**  **Star 4 +** | **7:10-8:10**  **Star 1/2/3**  (structured) | | **12:30-1:20**  **CanSkate**  **5 to 14 years** | |  |
| **9:10-10:00**  **Adult/16+**  **Learn to Skate** | **8:20-9:30**  **Star 8 +** | **8:20-9:30**  **Star 8+** | **7:30-8:20**  **On Ice Conditioning** | **8:20-9:30**  **Star 6+** | | **1:30-2:40**  **Star 4-7** | |  |
|  | **9:40-10:30 Adult/16+**  **Starskate and**  **Competitive skaters only** | **Tuesday Yoga/Flexibility Class**  6pm and 7:10pm  **Wednesday Dryland with FLEXAFIT**  5:50 to 6:40 and 7:00-7:50 | | | **2:50-3:20**  **Spins and Edges** | |  | | |

**Age restrictions:**

**Pre-Canskate:** 3 to 5 years old

**Canskate:** 5 to 14 years old

**Canskate 9+:** 9 to 16 years old

**Adult learn to skate:** 16 years and older no previous skating experience required

**Starskate:** Maximum age is 22 years old

**Adult Starskate/Competitive:** designed for adults and skaters 16 years and older who are skating competitively or at the Starskate level, no group lessons provided on these sessions. Must have private coach.

**STARSKATE BONUS WEEKS**

**MAY 23RD -JUNE 15TH**

**No group lessons provided during bonus weeks**

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| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** |
| **4:00-5:10PM**  **STAR 8 +** | **4:00-5:10**  **STAR 6 +** | **4:00-5:10PM**  **STAR 8 +** | **4:00-5:10PM**  **STAR 6 +** |
| **5:20-6:30PM**  **STAR 3/4/5** | **5:20-6:30PM**  **STAR 1-5** | **5:20-6:30PM**  **STAR 3/4/5** | **5:20-6:30PM**  **STAR 1-5** |
| **6:40-8:00pm**  **STAR 6 +** | **6:40-8:00PM**  **STAR 8 +** | **6:40-8:00PM**  **STAR 6 +** | **6:40-8:00PM**  **STAR 8 +** |
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