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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