



Grande Prairie Skating Club

Individual Schedules by Level

Rising Stars / Star 1

MONDAY 4:00-4:45 On Ice 5:00-5:30 Off Ice Jumps	WEDNESDAY 6:00-6:30 Stretch 6:45-7:30 On Ice
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Star 2

MONDAY 4:45-5:45 On Ice 6:00-6:30 Off Ice Jumps	WEDNESDAY 4:00-4:45 On Ice 5:00-5:30 Stretch	THURSDAY 5:00-5:30 Fitness 5:45-6:30 On Ice
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Star 3

MONDAY 6:00-6:30 Off Ice Jumps 7:00-7:45 On Ice	TUESDAY 4:15-5:15 Fitness 5:30-6:30 On Ice	WEDNESDAY 4:45-5:30 On Ice 5:45-6:45 Dance	THURSDAY 4:00-4:45 On Ice 5:00-5:45 Fitness
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Star 4+

MONDAY 6:00-7:00 On Ice 7:15-7:45 Off Ice Jumps	TUESDAY 4:00-5:15 On Ice 5:30-6:30 Fitness	WEDNESDAY 4:30-5:30 Dance 5:45-6:45 On Ice	THURSDAY 4:00-4:45 Fitness 5:00-5:45 On Ice
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- Please see the Master Schedule for specific locations of all off-ice classes.
- An open session for Star 2+ skaters is available on Friday mornings AND Friday evenings. These sessions are not listed on the schedules above.
- Some on-ice sessions include group classes. Please refer to the Master Schedule for details.