

# SPRING



# 2020

ARENA	TIMES	SESSION	LENGTH	REG PRICE	
<b>MONDAY</b>		<b>March 30th - June 1st</b>		<b>8 wks</b>	
SP	3:30 - 5:15 pm	Jr Academy	90 min	\$206.00	incl coach
SP-MR	4:45 - 5:15 pm	Dryland portion			
SP-AR	3:30 - 4:30 pm	Sr Dryland	60 min	\$105.00	incl coach
SP	4:30 - 5:15	Canskate	45 min	\$100.00	incl coach
SP	4:45 - 5:15	Pre-Canskate	30 min	\$90.00	incl coach
SP	5:30 - 6:30 pm	Int/Sr Freeskate	60 min	\$85.00	
SP	6:30 - 7:00 pm	Int/Sr. Development	30 min	\$100.00	incl coach
<b>No skating April 13th and May 18th.</b>					
<b>TUESDAY</b>		<b>March 31st - June 2nd</b>		<b>10wks</b>	
SP	3:30 - 4:30 pm	Int/Sr. Freeskate	60 min	\$103.00	
SP	4:30 - 5:15 pm	Jr/Int Freeskate	45 min	\$180.00	incl coach
SP-AR	4:35 - 5:05 pm	Int/Sr Dryland	30 min	\$65.00	incl coach
SP	5:15 - 5:45 pm	Open Skills & Dance	30 min	\$57.00	
SP	5:45 - 6:15 pm	Open Development	30 min	\$90.00	incl coach
<b>Level Requirements</b>					
Jr Academy. From Canskate or Coach recommended..					
Jr Level. No tests passed. Working on Star 1 & 2.					
Int Level. Working and competing on Star 3 & 4. Must have passed Star 2.					
Sr Level. Working on Star 5 and up. Must have passed Star 4.					
<b>SP</b>	<b>SPORTSPLEX IN WALNUT GROVE</b>		<b>MR</b>	<b>Meeting Room</b>	
	#100 20165 91A Ave Langley BC		<b>AR</b>	<b>Aerobics Room</b>	
<b>GPRC</b>	<b>GEORGE PRESTON ARENA IN BROOKSWOOD</b>				
	20699 42ND AVE. Langley BC				

ARENA	TIMES	SESSION	LENGTH	REG PRICE	
<b>WEDNESDAY</b>		<b>April 1st - June 3rd</b>		<b>10wks</b>	
SP	3:30 - 4:30 PM	Int/Sr Freeskate	60 min	\$103.00	
SP	4:30 - 5:00 pm	Sr Skills and Dance	30 min	\$57.00	
SP	5:15 - 6:00 pm	Canskate	45 min	\$125.00	incl coach
SP	5:30 - 6:00 pm	Pre-Canskate	30 min	\$115.00	incl coach
SP-MR	6:15 - 7:00 pm	Sr Dryland	45 min	\$66.00	incl coach
SP	6:00 - 7:15 pm	Jr/Int Freeskate/Spins	75 min	\$290.00	incl coach
SP	7:15 - 7:45 pm	Jr Skills and Dance	30 min	\$105.00	incl coach
SP	7:00 - 7:45 pm	LEFS	45 min	\$175.00	incl coach
<b>THURSDAY</b>		<b>April 2nd - June 4th</b>		<b>10 wks</b>	
SP	3:30 - 5:15 pm	Jr Academy/Dryland	90 min	\$256.00	incl coach
SP-MR	4:45 - 5:15 pm	Dryland portion			
SP	4:15 - 5:45 pm	Jr/Int Develop/Dryand	75 min	\$195.00	incl coach
SP-MR	5:15 - 5:45 pm	Dryland portion			
SP	5:00 - 6:45 pm	Sr Development/Dryland	90 min	\$180.00	incl coach
SP-MR	6:00 - 6:45 pm	Dryland portion			
SP	6:30 - 7:45 pm	Elem Synchro. Max 11yrs.	75 min	\$160.00	incl coach
SP	6:30 - 7:45 pm	Sr Synchro. Min Star 3.12+	75 min	\$160.00	incl coach
<b>FRIDAY</b>		<b>April 3rd - June 5th</b>		<b>9 wks</b>	
SP	6:00 - 7:30 am	Open. All Disciplines		90 min	\$125.00
SP	3:30 - 4:30 pm	Jr/Int Freeskate		60 min	\$211.00
SP	4:30 - 5:30 pm	Int/Sr Freeskate		60 min	\$95.00
<b>No skating on April 10th.</b>					
<b>SATURDAY</b>		<b>April 4th-May 9th</b>		<b>6 wks</b>	
GPRC	8:00 - 9:00 am	Open. All Disciplines		60 min	
Skating dates are: April 4, 18, 25, May 2 & 9 only.					
GPRC	8:30 - 10:00 am	Open. All Disciplines		90 min	
				April 11th only.	\$95.00



LSC acknowledges the financial support of the government of British Columbia.