

BSC SUMMER PROGRAM

July 3, 2023 - August 18, 2023

SCHEDULE

ON ICE (Monday to Thursday)		OFF ICE (Monday to Thursday)		ON ICE (Friday)	
9:00 - 9:35	COMP - stroking/spins	8:30 - 8:50	COMP Warm-up	9:00 - 9:15	STAR 4 to GOLD - Group
9:35 - 9:50	Flood			9:15 - 10:15	STAR 4 to GOLD - FS
9:50 - 10:40	COMP - freeskate			10:15 - 10:25	Flood
10:40 - 10:55	STAR 4 TO GOLD / COMP - skills/dance			10:25- 11:15	COMP - FS
10:55 - 11:10	STAR 4 TO GOLD - Group			11:15 - 11:30	Flood
11:10 - 11:25	STAR 4 TO GOLD - Spins			11:30 - 12:15	COMP - FS
11:25 - 11:40	Flood	11:50 - 12:30	STAR 2/3		
11:40 - 12:25	STAR 4 TO GOLD / COMP - freeskate				
12:25 - 12:40	Flood	12:35 - 1:20	STAR 4 TO GOLD / COMP		
12:40 - 1:25	STAR 2/3 - freeskate				
1:25 - 1:35	STAR 2/3 - spins				
1:35 - 1:45	STAR 2/3 - skills/dance				
1:45 - 2:00	STAR 2/3 - Group				
July 25th - August 17th		July 25th - August 17th			
5:00 - 6:00	STAR 1 (Tue & Thur)	4:15 - 4:45	STAR 1 (Tue & Thur only)		
6:00 - 6:10	CanSkate Prep				
6:10 - 7:00	CANSKATE (Tue & Thur)				

- Week 1 July 3 - July 7
- Week 2 July 10 - July 14
- Week 3 July 17 - July 21
- Week 4 July 24 - July 28
- Week 5 July 31 - Aug 4
- Week 6 Aug 8 - Aug 11 (Tues - Fri)
- Week 7 Aug 14 - Aug 18

Revised: May 4, 2023