BSC SUMMER PROGRAM						
July 2nd, 2019 - August 16th, 2019						
TIME	MONDAY TO THURSDAY	TIME	MONDAY TO THURSDAY	TIME	FRIDAY	
STARComp/COMP - Package A		STAR	Comp/COMP - Package B	STAR 4	TO GOLD -Package A and B	
8:30 AM - 2:15 PM (3 FS)		8:30 AM - 12:45 PM (2 FS)		9:00 AM - 11:15 AM		
8:30 AM - 8:50 AM	OFF-ICE WARM UP	8:30 AM - 8:50 AM	OFF-ICE WARM UP	9:00 AM - 9:45 AM	FREESKATE	
9:00 AM - 9:15 AM	SPINS	9:00 AM - 9:15 AM	SPINS	9:45 AM - 10:15 AM	GROUP	
9:15 AM - 10:00 AM	FREESKATE / GROUP (Monday)	9:15 AM - 10:00 AM	FREESKATE / GROUP (Monday)	10:30 AM - 11:15 AM	THEATRE	
10:10 AM - 10:55 AM	FREESKATE	10:10 AM - 10:55 AM	FREESKATE	STARCo	mp/COMP - Package A and B	
10:55 AM - 11:10 AM	GROUP	10:55 AM - 11:10 AM	GROUP		11:15 AM - 1:30 PM	
12:00 PM - 12:45 PM	OFF-ICE	12:00 PM - 12:45 PM	OFF-ICE	11:15 AM - 11:45 AM	GROUP	
1:00 PM- 1:45 PM	FREESKATE			11:45 AM - 12:30 PM	FREESKATE	
1:50 PM - 2:15 PM	OFF-ICE STRETCH			12:45 AM - 1:30 PM	FREESKATE	
ATA	DATO COLD. Devilence A			·		
SIA	R 4 TO GOLD - Package A					
	:55 AM - 2:45 PM (2 FS)					
10	:55 AM - 2:45 PM (2 FS)	STA	R 4 TO GOLD - Package B	TIME	WEDNESDAYS (WEEKS 2-7)	
10 10:55 AM - 11:10 AM	:55 AM - 2:45 PM (2 FS) OFF-ICE WARM-UP		R 4 TO GOLD - Package B :30 PM - 2:45 PM (1 FS)	TIME 3:00 PM - 4:00 PM	WEDNESDAYS (WEEKS 2-7) SIMULATIONS - PAD 3	
10 10:55 AM - 11:10 AM 11:20 AM- 11:30 AM	:55 AM - 2:45 PM (2 FS) OFF-ICE WARM-UP SPINS				` ` `	
10:55 AM - 11:10 AM 11:20 AM- 11:30 AM 11:30 AM - 12:15 PM	:55 AM - 2:45 PM (2 FS) OFF-ICE WARM-UP SPINS FREESKATE	12	:30 PM - 2:45 PM (1 FS)		` ` `	
10:55 AM - 11:10 AM 11:20 AM- 11:30 AM 11:30 AM - 12:15 PM 12:30 PM - 12:40 PM	:55 AM - 2:45 PM (2 FS) OFF-ICE WARM-UP SPINS FREESKATE STROKING	12 12:30 PM - 12:40 PM	:30 PM - 2:45 PM (1 FS) STROKING		` ` `	
10:55 AM - 11:10 AM 11:20 AM- 11:30 AM 11:30 AM - 12:15 PM 12:30 PM - 12:40 PM 12:40 PM - 12:50 PM	:55 AM - 2:45 PM (2 FS) OFF-ICE WARM-UP SPINS FREESKATE STROKING DANCE	12:30 PM - 12:40 PM 12:40 PM - 12:50 PM	:30 PM - 2:45 PM (1 FS) STROKING DANCE	3:00 PM - 4:00 PM	SIMULATIONS - PAD 3	
10:55 AM - 11:10 AM 11:20 AM- 11:30 AM 11:30 AM - 12:15 PM 12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:00 PM	:55 AM - 2:45 PM (2 FS) OFF-ICE WARM-UP SPINS FREESKATE STROKING DANCE SKILLS	12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:00 PM	:30 PM - 2:45 PM (1 FS) STROKING DANCE SKILLS	3:00 PM - 4:00 PM WEEK 1	SIMULATIONS - PAD 3 July 2 - July 5 (4 days)	
10:55 AM - 11:10 AM 11:20 AM - 11:30 AM 11:30 AM - 12:15 PM 12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:00 PM 1:10 PM - 1:50 PM	:55 AM - 2:45 PM (2 FS) OFF-ICE WARM-UP SPINS FREESKATE STROKING DANCE SKILLS OFF-ICE	12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:00 PM 1:10 PM-1:50 PM	30 PM - 2:45 PM (1 FS) STROKING DANCE SKILLS OFF-ICE	3:00 PM - 4:00 PM WEEK 1 WEEK 2	SIMULATIONS - PAD 3 July 2 - July 5 (4 days) July 8 - July 12	
10:55 AM - 11:10 AM 11:20 AM - 11:30 AM 11:30 AM - 12:15 PM 12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:00 PM 1:10 PM - 1:50 PM	:55 AM - 2:45 PM (2 FS) OFF-ICE WARM-UP SPINS FREESKATE STROKING DANCE SKILLS OFF-ICE FREESKATE	12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:00 PM 12:50 PM - 1:50 PM 1:10 PM - 1:50 PM 2:00 PM - 2:45 PM	STROKING DANCE SKILLS OFF-ICE FREESKATE	3:00 PM - 4:00 PM WEEK 1 WEEK 2 WEEK 3	July 2 - July 5 (4 days) July 8 - July 12 July 15 - July 19	
10:55 AM - 11:10 AM 11:20 AM - 11:30 AM 11:30 AM - 12:15 PM 12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:00 PM 1:10 PM - 1:50 PM	255 AM - 2:45 PM (2 FS) OFF-ICE WARM-UP SPINS FREESKATE STROKING DANCE SKILLS OFF-ICE FREESKATE STAR 2/3	12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:00 PM 12:50 PM - 1:50 PM 1:10 PM - 1:50 PM 2:00 PM - 2:45 PM	STOPM - 2:45 PM (1 FS) STROKING DANCE SKILLS OFF-ICE FREESKATE STAR 1	3:00 PM - 4:00 PM WEEK 1 WEEK 2 WEEK 3 WEEK 4	July 2 - July 5 (4 days) July 8 - July 12 July 15 - July 19 July 22 - July 26 (competition)	
10:55 AM - 11:10 AM 11:20 AM - 11:30 AM 11:30 AM - 12:15 PM 12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:00 PM 12:10 PM - 1:50 PM 2:00 PM - 2:45 PM	:55 AM - 2:45 PM (2 FS) OFF-ICE WARM-UP SPINS FREESKATE STROKING DANCE SKILLS OFF-ICE FREESKATE STAR 2/3 2:00 PM - 4:00 PM	12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:50 PM 12:50 PM - 1:50 PM 1:10 PM - 1:50 PM 2:00 PM - 2:45 PM	STOPM - 2:45 PM (1 FS) STROKING DANCE SKILLS OFF-ICE FREESKATE STAR 1 PM - 3:45 PM (Weeks 2-5)	3:00 PM - 4:00 PM WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5	July 2 - July 5 (4 days) July 8 - July 12 July 15 - July 19 July 22 - July 26 (competition) July 29 - Aug 2	
10:55 AM - 11:10 AM 11:20 AM - 11:30 AM 11:30 AM - 12:15 PM 12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:00 PM 1:10 PM - 1:50 PM 2:00 PM - 2:45 PM	:55 AM - 2:45 PM (2 FS) OFF-ICE WARM-UP SPINS FREESKATE STROKING DANCE SKILLS OFF-ICE FREESKATE STAR 2/3 2:00 PM - 4:00 PM OFF-ICE	12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:00 PM 1:10 PM - 1:50 PM 2:00 PM - 2:45 PM 2:00 PM - 2:30 PM	STOPM - 2:45 PM (1 FS) STROKING DANCE SKILLS OFF-ICE FREESKATE STAR 1 PM - 3:45 PM (Weeks 2-5) OFF-ICE	3:00 PM - 4:00 PM WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEK 6	July 2 - July 5 (4 days) July 8 - July 12 July 15 - July 19 July 22 - July 26 (competition) July 29 - Aug 2 Aug 5 - Aug 9 (competition)	
10:55 AM - 11:10 AM 11:20 AM - 11:30 AM 11:30 AM - 12:15 PM 12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 12:50 PM 12:10 PM - 1:50 PM 2:00 PM - 2:45 PM	:55 AM - 2:45 PM (2 FS) OFF-ICE WARM-UP SPINS FREESKATE STROKING DANCE SKILLS OFF-ICE FREESKATE STAR 2/3 2:00 PM - 4:00 PM OFF-ICE SKILLS	12:30 PM - 12:40 PM 12:40 PM - 12:50 PM 12:50 PM - 1:00 PM 1:10 PM - 1:50 PM 2:00 PM - 2:45 PM 2:00 PM - 2:30 PM 2:45 PM - 2:55 PM	STOPM - 2:45 PM (1 FS) STROKING DANCE SKILLS OFF-ICE FREESKATE STAR 1 PM - 3:45 PM (Weeks 2-5) OFF-ICE SKILLS	3:00 PM - 4:00 PM WEEK 1 WEEK 2 WEEK 3 WEEK 4 WEEK 5 WEEK 6	July 2 - July 5 (4 days) July 8 - July 12 July 15 - July 19 July 22 - July 26 (competition) July 29 - Aug 2 Aug 5 - Aug 9 (competition)	

6:10 PM - 7:00 PM	CANSKATE (TUES / THURS) WEEKS 2-5
7:00 PM - 8:00 PM	TEEN/ADULT OPEN SKATE (TUES/THURS) WEEKS 2-5

STAR 1 STAR 2/3

Must have passed CanSkate Stage 5 or 6.

Must have passed the STAR 1 Freeskate test.

Must have passed the complete STAR 3 Freeskate test or the complete Preliminary Free Skate test.

Must be planning to compete at STAR 8 or higher in 2019-2020

Must be competing at Pre-Novice or higher

STAR 2/3 STAR 4/5 STARComp COMPETITIVE