

NorthStar Figure Skating Club

Silver Stars Basic 5 & 6, Pre-Freeskate, Freeskate 1

August 27, 2018-June 23, 2019

Register at northstar.assn.la

Class Day: Choose 1 or more class

Wednesday	Saturday	Sunday
4:40-5:05 Practice/Private* 5:05-5:30 Class Rink C	11:00-11:25 Class 11:25-11:50 Practice/Private* Rink C	11:00-11:25 Class 11:25-11:50 Practice/Private* Rink C

*Add supplemental private lesson if desired (additional coaching fees apply)

Additional Open/Freestyle Sessions: Choose 1 or more for skaters to practice and/or take mandatory private lesson(s)

Monday		Wednesday	Thursday	Saturday		Sunday	
5:10-6:00 Rink B	Starting 11/26 6:10-7:00 Rink B	6:10-7:00 Rink B	5:10-6:10 Rink B	10:00-10:50* Rink B	11:00-11:50 Rink C	10:00-10:50* Rink B	11:00-11:50 Rink C

*Must have private lesson for at least half the session

6:10-7:00 session on rink B will not begin until 11/26, skaters may switch to this session once it begins

Off-Ice Classes: Choose 1 or more class (not offered April 25-May 18 due to show practice)

Monday	Wednesday	Thursday	Saturday	Sunday
6:10-6:55 Yoga with Ann	5:10-5:55 Ballet with Amy	6:20-7:05 Ballet with Amy	12:00-12:45 Dynamic Strength with Barbara	12:00-12:45 Dynamic Strength with Barbara

Required: Dress Rehearsal Thursday May 16, 2019 at 3:30 pm- Show Saturday May 18, 2019 at 2:00 pm

Show participation is required of all Silver Star skaters.

Practice Options will be available December 2018.

Skaters must choose an option by January 1, 2019. Changes may not be made after selection.