

**Connaught Skating Club Spring 2017  
Competitive Program Schedule  
March 27, 2017 - June 11 , 2017**

**MONDAY**  
March 27, 2017- June 5, 2017

Session	Time	No Class**	# days	Instructi on included in fee	Fee	Location
Open Ice	6:00-7:45am		11	----	\$135.00	Richmond Ice Ctr- Garage Rink
Drop-in Skating	12:30-2:30pm	Pay at Front Desk				Richmond Ice Ctr- Garage Rink
Bronze Freeskate	3:45-4:30pm		11	----	\$77.00	Richmond Ice Ctr- Garage Rink
Silver Freeskate	4:15-5:00pm		11	----	\$77.00	Richmond Ice Ctr- Igloo Rink
Gold Freeskate	4:30-5:15pm		11	----	\$77.00	Richmond Ice Ctr- Garage Rink
Bronze Dance	4:45-5:30pm		11	45 min	\$83.00	Watermania
Diamond AB Freeskate *ends on May 29	4:45-5:45pm	June 5	10	----	\$90.00	Richmond Ice Ctr- Garden Rink
Silver/Gold Dance	5:30-6:00pm		11	30 min	\$55.00	Watermania
Top Flight Freeskate	5:30-6:15pm		11	----	\$83.00	Richmond Ice Ctr- Garage Rink
Diamond B Dance	6:00-6:30pm		11	30 min	\$55.00	Watermania
Diamond A/TF Dance	6:30-7:00pm		11	30 min	\$55.00	Watermania
Diamond A/TF Freeskate	7:15-8:15pm		11	----	\$99.00	Richmond Ice Ctr- Garage Rink

**TUESDAY**  
**March 28, 2017-June 6, 2017**  
**May 9 Victoria Day Simulation**

Session	Time	No Class**	# days	Instruction included in fee		Location
Drop-in Skating	12:00-1:30pm	Pay at Front Desk				Richmond Ice Ctr-Garage Rink
Competitive Day Ice	2:00-3:00pm		11	----	\$110.00	Richmond Ice Ctr-Igloo Rink
Gold Off-Ice Harness	3:45-4:15pm		11	30 min	\$88.00	Maki Studio
Bronze Group	3:45-5:00pm	May 9	10	75 min	\$213.00	Richmond Ice Ctr-Garage Rink
Silver Stretch	4:00-4:45pm	May 9	10	45 min	\$75.00	Watermania
Diamond B Off-Ice Harness	4:15-4:45pm		11	30 min	\$88.00	Maki Studio
Diamond A Off-Ice Harness	4:45-5:15pm		11	30 min	\$88.00	Maki Studio
Silver/Gold Group	5:00-6:00pm	May 9	10	60 min	\$170.00	Richmond Ice Ctr-Garage Rink
Top Flight Off-Ice Harness	5:15-5:45pm		11	30 min	\$88.00	Maki Studio
Bronze stretch	5:15-6:00pm	May 9	10	45 min	\$75.00	Watermania
Diamond AB Spin	6:00-6:15pm		11	15 min	\$47.00	Richmond Ice Ctr-Garage Rink
Top Flight Stretch	6:15-7:00pm		11	45 min	\$83.00	Holiday Inn
Diamond AB Freeskate	6:30-7:30pm		11	----	\$99.00	Richmond Ice Ctr-Garage Rink
Gold Stretch	7:00-7:30pm		11	30 min	\$47.00	Watermania
Diamond A/TF Development	7:30-7:45pm		11	15 min	\$83.00	Richmond Ice Ctr-Garage Rink
Diamond AB Stretch	8:00-8:45pm		11	45 min	\$83.00	Watermania
Top Flight Freeskate	8:00-9:00pm		11	----	\$99.00	Richmond Ice Ctr-Garage Rink

**Special Dates:** May 9 Victoria Day Star 2>Star 5 simulation 3:45-6:00pm at RIC

## WEDNESDAY

March 29, 2017-June 7, 2017

Session	Time	No Class**	# days	Instruction included in fee		Location
Open Ice	6:00-7:45am		11	----	\$135.00	Richmond Ice Ctr-Garage Rink
Drop-in Skating	12:00-1:30pm	Pay at Front Desk				Oval North
Competitive Day Ice	2:00-3:00pm		11	----	\$132.00	Oval North
Diamond AB Freeskate	3:45-4:45pm		11	----	\$99.00	Oval North
Bronze Freeskate	3:45-4:45pm		11	----	\$99.00	Richmond Ice Ctr-Garage Rink
Silver Freeskate	4:30-5:15pm		11	----	\$77.00	Richmond Ice Ctr-Igloo Rink
Gold Freeskate	4:45-5:30pm		11	----	\$77.00	Richmond Ice Ctr-Garage Rink
Top Flight Freeskate	4:45-5:45pm		11	----	\$99.00	Oval North
Diamond B Freeskate	5:45-6:45pm		11	----	\$99.00	Richmond Ice Ctr-Garage Rink
Diamond A/TF Freeskate	6:45-7:45pm		11	----	\$99.00	Richmond Ice Ctr-Garage Rink

**NOTE:** Please pay close attention to the **Special dates**, **Location exception dates** and **No Class** dates for your registered sessions.

# THURSDAY

March 30, 2017-June 8, 2017

March 30: VISI Simulation / May 11: Victoria Day Simulation

Session	Time	No Class**	# days	Instructi on included in fee		Location
Drop-in Skating	12:00-1:30pm	Pay at Front Desk				Richmond Ice Ctr-Garage Rink
Competitive Day Ice	2:00-3:00pm	May 4	10	----	\$100.00	Richmond Ice Ctr-Garage Rink
Silver/Gold Pilates	3:30-4:30pm	May 4	10	60 min	\$100.00	Watermania
Bronze Group	3:45-4:45pm	May 4	10	60 min	\$170.00	Richmond Ice Ctr-Garage Rink
Diamond A/TF Freeskate	4:30-5:30pm	May 4	10	----	\$90.00	Richmond Ice Ctr-Igloo Rink
Diamond B Pilates	4:45-5:30pm	May 4	10	45 min	\$75.00	Watermania
Silver/Gold Group *Exception: March 30 (4:45-5:15pm)	4:45-5:45pm	May 4	10	60 min	\$162.00	Richmond Ice Ctr-Garage Rink
Bronze Theory	5:00-5:45pm	May 4	10	45 min	\$70.00	Richmond Ice Ctr Room
Diamond AB Development	6:00-6:15pm	March 30, May 4, May 11	8	15 min	\$34.00	Richmond Ice Ctr-Garage Rink
Silver/Gold Theory	6:00-6:30pm	May 4, May 11	9	30 min	\$45.00	Richmond Ice Ctr Room
Top Flight Pilates	6:00-6:45pm	May 4, May 11	9	45 min	\$67.50	Holiday Inn
Diamond AB Freeskate	6:15-7:15pm	March 30, May 4, May 11	8	----	\$72.00	Richmond Ice Ctr-Garage Rink
Diamond A/TF Spin	7:15-7:30pm	March 30, May 4, May 11	8	15 min	\$34.00	Richmond Ice Ctr-Garage Rink
Diamond A Pilates	7:45-8:30pm	May 4, May 11	9	45 min	\$68.00	Watermania
Top Flight Freeskate	7:45-8:45pm	May 4, May 11	9	----	\$81.00	Richmond Ice Ctr-Garage Rink
Top Flight Development	8:45-9:00pm	May 4, May 11	9	15 min	\$39.00	Richmond Ice Ctr-Garage Rink

**NOTE:** Please pay close attention to the **Special** dates, **Location exception** dates and **No Class** dates for your registered sessions.

**SPECIAL DATES:**

**March 30:** VISI Simulation from 5:30-7:30pm at RIC  
**May 11:** Victoria Day PJ>Sen. Simulation 6:00-9:00p at RIC

**FRIDAY**

March 31, 2017-June 9, 2017

Session	Time	No Class**	# days	Instructi on included in fee		Location
Open Ice *Exception -May 27 (6:00-7:45am Location- RIC-Gardens Rink)	6:00-7:45am		11	-----	\$130.00	Richmond Ice Ctr- Garage Rink
Drop-in Skating	12:00-1:30pm	Pay at Front Desk				Oval North
Competitive Day Ice	2:00-3:00pm	March 31, May19, May 26	8	-----	\$96.00	Oval North
Silver/Gold Freeskate	3:45-4:45pm	May 5, May 19, May 26	8	-----	\$72.00	Oval North
Bronze Freeskate *Exception April 7 (3:30-4:30pm)	4:00-4:45pm	May 5, May 19, June 2	8	-----	\$58.00	Richmond Ice Ctr- Garage Rink
Top Flight Dryland	4:00-4:45pm	May 5, May 19, May 26	8	45 min	\$60.00	Oval Room 2026
Silver Dryland	5:00-5:45pm	May 5, May 19, May 26	8	45 min	\$60.00	Oval Room 2026
Top Flight Freeskate *Exception March 31 (5:00-5:45pm)	5:00-6:00pm	May 5, May 19, May 26	8	-----	\$70.00	Oval North
Gold Dryland	5:15-6:00pm	May 5, May 19, May 26	8	45 min	\$60.00	Oval Room 2026
Bronze Dryland	5:15-6:15pm	May 5, May 19, May 26	8	60 min	\$80.00	Oval Room 2026
Diamond B Dryland	5:30-6:15pm	May 5, May 19, May 26	8	45 min	\$60.00	Oval Room 2026
Diamond A Dryland	5:30-6:15pm	May 5, May 19, May 26	8	45 min	\$60.00	Oval Room 2026
Top Flight Development	6:00-6:15pm	March 31, May 5, May 19, May 26	7	15 min	\$30.00	Oval North
Diamond AB Freeskate	6:30-7:30pm	March 31, May 5, May 19, May 26	7	-----	\$63.00	Oval Norh

**NOTE:** Please pay close attention to the **Special** dates, **Location exception** dates and **No Class** dates for your registered sessions.

**SATURDAY 2017**  
April 1, 2017-June 10, 217

Session	Time	No Class**	# days	Instructi on included in fee		Location
Bronze Group	7:15-7:30am	May 6, June 3	9	15 min	\$39.00	Richmond Ice Ctr-Garage Rink
Bronze Freeskate	7:30-8:15am	May 6, June 3	9	45 min	\$63.00	Richmond Ice Ctr-Garage Rink
Silver Freeskate *Exception May 6, Jun3 (7:15-8:00am)	8:15-9:00am		11	-----	\$77.00	Richmond Ice Ctr-Garage Rink
Silver Group *Exception May 6, Jun3 (7:00-7:15am)	9:00-9:15am		11	15 min	\$47.00	Richmond Ice Ctr-Garage Rink
Gold Freeskate	10:00-11:00am	April 1, May 6, May 20, May 27	7	-----	\$63.00	Oval North
Silver Strength & Conditioning	10:00-11:00am	May 20	10	60 min	\$100.00	Maki Studio
Diamond AB Freeskate	11:00-12:00pm	April 1, May 6, May 20, May 27	7	-----	\$63.00	Oval North
Diamond AB Development	12:00-12:30pm	April 1, May 6, May 20, May 27	7	30 min	\$60.00	Oval North
Gold Strength & Conditioning	11:30-12:30pm	May 20	10	60 min	\$100.00	Maki Studio
Top Flight Freeskate	12:45-1:45pm	April 1, May 6, May 20, May 27	7	-----	\$63.00	Oval North
Diamond AB Strength & Conditioning	1:15-2:15pm	May 20	10	60 min	\$100.00	Maki Studio
Top Flight Development	1:45-2:15pm	April 1, May 6, May 20, May 27	7	30 min	\$60.00	Oval North
Top Flight Strength & Conditioning	2:45-3:45pm	May 20	10	60 min	\$100.00	Maki Studio

## SUNDAY

April 9, 2017-June 11, 2017

Session	Time	No Class**	# days	Instructi on included in fee		Location
Open Ice	11:00-11:45am	April 2, May 7, May 21, Jun 4	7	---	\$49.00	Richmond Ice Ctr-Garden Rink
Diamond A/TF Freeskate May 28 ONLY	4:45-5:45pm	Pay \$12 BuyOn on Uplifter				Oval South
Gold/Diamond B Freeskate May 28 ONLY	5:45-6:45pm	Pay \$12 BuyOn on Uplifter				Oval South

**NOTE:** Please pay close attention to the **Special** dates, **Location** exception dates and **No Class** dates for your registered sessions.

**Please check club website for schedule changes.**