



Connaught Skating Club Summer 2022  
 Competitive Program Schedule & Pricing  
**\*\*\* BRONZE TRAINING PODS 1 & 2 \*\*\***  
 All sessions held at the Richmond Ice Centre  
 July 4 - August 19, 2022

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 4 - August 15	Pods 1 & 2 Bronze - group	12:00-1:00pm	Coliseum - Richmond Ice Centre	August 1	6	60 mins	<b>B12: \$184</b>
	Pods 1 & 2 - ballet	1:45-2:30pm	Holiday Inn	August 1	6	45 mins	
<b>TUESDAY</b> July 5 - August 16	Pod 1 Bronze - freeskate + group	11:30-12:30pm	Coliseum - Richmond Ice Centre (August 2 - Pond)		7	15 mins	<b>B1: \$133</b>
	Pod 1 Bronze - stretch	1:15-1:45pm	Holiday Inn		7	30 mins	
	Pod 2 Bronze - group	12:15-12:30pm	Coliseum - Richmond Ice Centre (August 2 - Pond)		7	15 mins	<b>B2: \$151</b>
	Pod 2 Bronze - freeskate	12:45-1:45pm	Coliseum - Richmond Ice Centre (August 2 - Pond)		7		
	Pod 2 Bronze - stretch	2:00-2:30pm	Holiday Inn		7	30 mins	
<b>WEDNESDAY</b> July 6 - August 17	Pods 1 & 2 Bronze - group	12:00-1:00pm	Coliseum - Richmond Ice Centre (August 3 - Pond)		7	60 mins	<b>B12: \$214</b>
	Pods 1 & 2 - dance	1:45-2:30pm	Holiday Inn		7	45 mins	
<b>THURSDAY</b> July 7 - August 18	Pod 1 Bronze - freeskate + group	11:30-12:30pm	Coliseum - Richmond Ice Centre (August 4 - Pond)		7	15 mins	<b>B1: \$133</b>
	Pod 1 Bronze - dryland	1:15-1:45pm	Holiday Inn		7	30 mins	
	Pod 2 Bronze - group	12:15-12:30pm	Coliseum - Richmond Ice Centre (August 4 - Pond)		7	15 mins	<b>B2: \$151</b>
	Pod 2 Bronze - freeskate	12:45-1:45pm	Coliseum - Richmond Ice Centre (August 4 - Pond)		7		
	Pod 2 Bronze - dryland	2:00-2:30pm	Holiday Inn		7	30 mins	
<b>FRIDAY</b> July 8 - August 19	Pod 1 Bronze - freeskate	12:15-1:00pm	Coliseum - Richmond Ice Centre (August 5 - Pond)		7		<b>B1: \$60</b>
	Pod 2 Bronze - freeskate	2:00-2:45pm	Coliseum - Richmond Ice Centre (August 5 - Pond)		7		<b>B2: \$60</b>

**BRONZE POD 1 5-DAY PER WEEK SUMMER FEE\*: \$724**

**BRONZE POD 2 5-DAY PER WEEK SUMMER FEE\*: \$760**

\*Coaching fees to be invoiced separately.

**Notes:**

The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2021-Aug 2022)

Schedule is subject to change.

Always check website for schedule changes.

You will be notified regarding which training pod your skater is assigned to.



**Connaught Skating Club Summer 2022**  
**Competitive Program Schedule & Pricing**  
**\*\*\* SILVER TRAINING PODS 1 & 2 \*\*\***  
**All sessions held at the Richmond Ice Centre**  
**July 4 - August 19, 2022**

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 4 - August 15	Pod 1 Silver - freeskate + group	8:00-9:00am	Coliseum - Richmond Ice Centre	August 1	6	15 mins	<b>S1: \$129</b>
	Pod 1 Silver - ballet	10:00-10:45am	Richmond Ice Centre - upstairs boardroom	August 1	6	45 mins	
	Pod 2 Silver - group + freeskate	8:45-9:45am	Coliseum - Richmond Ice Centre	August 1	6	15 mins	<b>S2: \$129</b>
	Pod 2 Silver - ballet	11:00-11:45am	Holiday Inn	August 1	6	45 mins	
<b>TUESDAY</b> July 5 - August 16	Pods 1 & 2 Silver - freeskate	8:45-9:45am	Coliseum - Richmond Ice Centre (August 2 - Pond)		7		<b>S12: \$147</b>
	Pods 1 & 2 Silver - stretch	10:00-11:00am	Richmond Ice Centre - upstairs boardroom		7	60 mins	
<b>WEDNESDAY</b> July 6 - August 17	Pod 1 Silver - freeskate + group	8:00-9:00am	Coliseum - Richmond Ice Centre (August 3 - Pond)		7	15 mins	<b>S1: \$151</b>
	Pod 1 Silver - dance	10:00-10:45am	Richmond Ice Centre - upstairs boardroom		7	45 mins	
	Pod 2 Silver - group + freeskate	8:45-9:45am	Coliseum - Richmond Ice Centre (August 3 - Pond)		7	15 mins	<b>S2: \$151</b>
	Pod 2 Silver - dance	11:00-11:45am	Holiday Inn		7	45 mins	
<b>THURSDAY</b> July 7 - August 18	Pods 1 & 2 Silver - freeskate	8:45-9:45am	Coliseum - Richmond Ice Centre (August 4 - Pond)		7		<b>S12: \$147</b>
	Pods 1 & 2 Silver - dryland	10:00-11:00am	Richmond Ice Centre - upstairs boardroom		7	60 mins	
<b>FRIDAY</b> July 8 - August 19	Pod 1 Silver - freeskate + group	8:00-9:00am	Coliseum - Richmond Ice Centre (August 5 - Pond)		7	15 mins	<b>S1: \$143</b>
	Pod 1 Silver - Pilates	10:00-10:45am	Richmond Ice Centre - upstairs boardroom	July 22	6	45 mins	
	Pod 2 Silver - group + freeskate	8:45-9:45am	Coliseum - Richmond Ice Centre (August 5 - Pond)		7	15 mins	<b>S2: \$151</b>
	Pod 2 Silver - Pilates	11:00-11:45am	Holiday Inn		7	45 mins	

**SILVER POD 1 5-DAY PER WEEK SUMMER FEE\*: \$717**  
**SILVER POD 2 5-DAY PER WEEK SUMMER FEE\*: \$725**  
**\*Coaching fees to be invoiced separately.**

**Notes:**  
**The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2021-Aug 2022)**  
**Schedule is subject to change.**  
**Always check website for schedule changes.**  
**You will be notified regarding which training pod your skater is assigned to.**



**Connaught Skating Club Summer 2022**  
**Competitive Program Schedule & Pricing**  
**\*\*\* GOLD TRAINING PODS 1 & 2 \*\*\***  
 All sessions held at the Richmond Ice Centre  
 July 4 - August 19, 2022

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 4 - August 15	Pod 1 Gold - freeskate & group	10:00-11:00am	Coliseum - Richmond Ice Centre	August 1	6	15 mins	<b>G1: \$114</b>
	Pod 1 Gold - ballet	11:45-12:15pm	Holiday Inn	August 1	6	30 mins	
	Pod 2 Gold - group & freeskate	10:45-11:45am	Coliseum - Richmond Ice Centre	August 1	6	15 mins	<b>G2: \$114</b>
	Pod 2 Gold - ballet	12:15-12:45pm	Holiday Inn	August 1	6	30 mins	
<b>TUESDAY</b> July 5 - August 16	Pod 2 Gold - freeskate	10:00-10:45am	Coliseum - Richmond Ice Centre (August 2 - Pond)		7		<b>G2: \$112</b>
	Pod 2 Gold - stretch	11:00-11:45am	Holiday Inn		7	45 mins	
	Pod 1 Gold - freeskate	10:45-11:30am	Coliseum - Richmond Ice Centre (August 2 - Pond)		7		<b>G1: \$112</b>
	Pod 1 Gold - stretch	11:45-12:30pm	Holiday Inn		7	45 mins	
	GOLD/DIAMOND OPEN	6:15-7:00pm	Coliseum - Richmond Ice Centre (August 2 - Pond)		7		<b>G/D OPEN: \$53</b>
<b>WEDNESDAY</b> July 6 - August 17	Pod 1 Gold - freeskate & group	10:00-11:00am	Coliseum - Richmond Ice Centre (August 3 - Pond)		7	15 mins	<b>G1: \$133</b>
	Pod 1 Gold - dance	11:45-12:15pm	Holiday Inn		7	30 mins	
	Pod 2 Gold - group & freeskate	10:45-11:45am	Coliseum - Richmond Ice Centre (August 3 - Pond)		7	15 mins	<b>G2: \$133</b>
	Pod 2 Gold - dance	12:15-12:45pm	Holiday Inn		7	30 mins	
<b>THURSDAY</b> July 7 - August 18	Pod 2 Gold - freeskate	10:00-10:45am	Coliseum - Richmond Ice Centre (August 4 - Pond)		7		<b>G2: \$112</b>
	Pod 2 Gold - dryland	11:00-11:45am	Holiday Inn		7	45 mins	
	Pod 1 Gold - freeskate	10:45-11:30am	Coliseum - Richmond Ice Centre (August 4 - Pond)		7		<b>G1: \$112</b>
	Pod 1 Gold - dryland	11:45-12:30pm	Holiday Inn		7	45 mins	
	GOLD/DIAMOND OPEN	6:15-7:00pm	Coliseum - Richmond Ice Centre (August 4 - Pond)		7		<b>G/D OPEN: \$53</b>
<b>FRIDAY</b> July 8 - August 19	Pod 1 Gold - freeskate & group	10:00-11:15am	Coliseum - Richmond Ice Centre (August 5 - Pond)		7	30 mins	<b>G1: \$172</b>
	Pod 1 Gold - Pilates	11:45-12:15pm	Holiday Inn		7	30 mins	
	Pod 2 Gold - group & freeskate	10:45-12:00pm	Coliseum - Richmond Ice Centre (August 5 - Pond)		7	30 mins	<b>G2: \$172</b>
	Pod 2 Gold - Pilates	12:15-12:45pm	Holiday Inn		7	30 mins	

**GOLD POD 1 5-DAY PER WEEK SUMMER FEE\*: \$643**

**GOLD POD 2 5-DAY PER WEEK SUMMER FEE\*: \$643**

\*Does not include open sessions, coaching fees to be invoiced separately.

**Notes:**

The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2021-Aug 2022)

Schedule is subject to change.

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**Connaught Skating Club Summer 2022**  
**Competitive Program Schedule & Pricing**  
**\*\*\* DIAMOND TRAINING PODS 1 & 2 & 3\*\*\***  
 All sessions held at the Richmond Ice Centre & the Richmond Olympic Oval  
 July 4 - August 19, 2022

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 4 - August 15	Pod 3 Diamond - freeskate	1:00-1:45pm	Coliseum - Richmond Ice Centre	August 1	6		<b>D3: \$97</b>
	Pod 3 Diamond - ballet	2:30-3:15pm	Holiday Inn	August 1	6	45 mins	
	Pod 1 Diamond - ballet	2:30-3:15pm	Holiday Inn	August 1	6	45 mins	<b>D1: \$130</b>
	Pod 1 Diamond - group & freeskate	3:45-4:45pm	Coliseum - Richmond Ice Centre	August 1	6	15 mins	
	Pod 2 Diamond - freeskate	1:30-2:15pm	Oval		7		<b>D2: \$166</b>
	Pod 2 Diamond - ballet	2:30-3:00pm	Oval - 1058		7	30 mins	
Pod 2 Diamond - group & freeskate	4:00-5:00pm	Oval		7	10 mins		
<b>TUESDAY</b> July 5 - August 16	Pod 3 Diamond - stretch	12:30-1:15pm	Holiday Inn		7	45 mins	<b>D3: \$168</b>
	Pod 3 Diamond - freeskate & spin	1:45-3:00pm	Coliseum - Richmond Ice Centre		7	15 mins	
	Pod 2 Diamond - stretch	12:30-1:15pm	Holiday Inn		7	45 mins	<b>D2: \$266</b>
	Pod 2 Diamond - freeskate	1:45-2:45pm	Coliseum - Richmond Ice Centre (August 2 - Pond)		7		
	Pod 2 Diamond - group & freeskate	3:45-5:00pm	Coliseum - Richmond Ice Centre (August 2 - Pond)		7	30 mins	
	Pod 1 Diamond - freeskate	1:00-2:00pm	Oval		7		<b>D1: \$105</b>
	Pod 1 Diamond - Pilates	2:30-3:00pm	Oval - 1058		7	30 mins	
	GOLD/DIAMOND OPEN	6:15-7:00pm	Coliseum - Richmond Ice Centre (August 2 - Pond)		7		<b>G/D OPEN: \$53</b>
<b>WEDNESDAY</b> July 6 - August 17	Pod 3 Diamond - freeskate	1:00-1:45pm	Coliseum - Richmond Ice Centre (August 3 - Pond)		7		<b>D3: \$112</b>
	Pod 3 Diamond - dance	2:30-3:15pm	Holiday Inn		7	45 mins	
	Pod 1 Diamond - dance	2:30-3:15pm	Holiday Inn		7	45 mins	<b>D1: \$151</b>
	Pod 1 Diamond - group & freeskate	3:45-4:45pm	Coliseum - Richmond Ice Centre (August 3 - Pond)		7	15 mins	
	Pod 2 Diamond - freeskate	1:30-2:15pm	Oval		7		<b>D2: \$166</b>
	Pod 2 Diamond - harness	2:30-3:00pm	Oval - 1058		7	30 mins	
	Pod 2 Diamond - group & freeskate	4:00-5:00pm	Oval		7	10 mins	
<b>THURSDAY</b> July 7 - August 18	Pod 3 Diamond - dryland	12:30-1:15pm	Holiday Inn		7	45 mins	<b>D3: \$168</b>
	Pod 3 Diamond - freeskate & spin	1:45-3:00pm	Coliseum - Richmond Ice Centre (August 4 - Pond)		7	15 mins	
	Pod 2 Diamond - dryland	12:30-1:15pm	Holiday Inn		7	45 mins	<b>D2: \$266</b>
	Pod 2 Diamond - freeskate	1:45-2:45pm	Coliseum - Richmond Ice Centre (August 4 - Pond)		7		
	Pod 2 Diamond - group & freeskate	3:45-5:00pm	Coliseum - Richmond Ice Centre (August 4 - Pond)		7	30 mins	
	Pod 1 Diamond - freeskate	12:45-1:45pm	Oval		7		<b>D1: \$105</b>
	Pod 1 Diamond - dryland	2:30-3:00pm	Oval - 1058		7	30 mins	
GOLD/DIAMOND OPEN	6:15-7:00pm	Coliseum - Richmond Ice Centre (August 4 - Pond)		7		<b>G/D OPEN: \$53</b>	
<b>FRIDAY</b> July 8 - August 19	Pod 1 Diamond - freeskate	1:00-2:00pm	Coliseum - Richmond Ice Centre (August 5 - Pond)		7		<b>D1: \$228</b>
	Pod 1 Diamond - Pilates	2:45-3:30pm	Holiday Inn		7	45 mins	
	Pod 1 Diamond - group & freeskate	3:45-4:45pm	Coliseum - Richmond Ice Centre (August 5 - Pond)		7	15 mins	
	Pod 3 Diamond - Pilates	2:00-2:45pm	Holiday Inn		7	45 mins	<b>D3: \$151</b>
	Pod 3 Diamond - freeskate & group	3:00-4:00pm	Coliseum - Richmond Ice Centre (August 5 - Pond)		7	15 mins	
	Pod 2 Diamond - freeskate	1:00-1:45pm	Oval		7		<b>D2: \$161</b>
Pod 2 Diamond - freeskate & spin	3:30-4:45pm	Oval		7	15 mins		

**DIAMOND POD 1 5-DAY PER WEEK SUMMER FEE\*: \$719**  
**DIAMOND POD 2 5-DAY PER WEEK SUMMER FEE\*: \$1,025**  
**DIAMOND POD 3 5-DAY PER WEEK SUMMER FEE\*: \$696**  
 \*Does not include open sessions, coaching fees to be invoiced separately.

**Notes:**  
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**Connaught Skating Club Summer 2022  
Competitive Program Schedule & Pricing**

**\*\*\* TOP FLIGHT TRAINING PODS 1 & 2 \*\*\***

All sessions held at the Richmond Ice Centre & the Richmond Olympic Oval  
July 4 - August 19, 2022

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 4 - August 15	Pod 1 Top Flight - freeskate & group	11:30-12:30pm	Oval		7	10 mins	<b>TF1: \$219</b>
	Pod 1 Top Flight - active stretch	1:15-1:45pm	Oval - 1058		7	30 mins	
	Pod 1 Top Flight - freeskate	2:15-3:00pm	Oval		7		
	Pod 1 Top Flight - ballet	3:15-4:00pm	Oval - 1058		7	45 mins	
	Pod 2 Top Flight - group & freeskate	12:15-1:15pm	Oval		7	10 mins	<b>TF2: \$236</b>
	Pod 2 Top Flight - active stretch	1:45-2:30pm	Oval - 1058		7	45 mins	
	Pod 2 Top Flight - freeskate	3:15-4:00pm	Oval		7		
	Pod 2 Top Flight - ballet	4:15-5:00pm	Oval - 1058		7	45 mins	
<b>TUESDAY</b> July 5 - August 16	TOP FLIGHT - OPEN	8:00-8:45am	Coliseum - Richmond Ice Centre (August 2 - Pond)		7		<b>TF OPEN: \$53</b>
	Pod 1 Top Flight - freeskate	11:30-12:15pm	Oval		7		<b>TF1: \$201</b>
	Pod 1 Top Flight - active stretch	1:15-1:45pm	Oval - 1058		7	30 mins	
	Pod 1 Top Flight - freeskate & spin	2:15-3:15pm	Oval		7	10 mins	
	Pod 1 Top Flight - Pilates	3:30-4:00pm	Oval - 1058		7	30 mins	
	Pod 2 Top Flight - freeskate	12:15-1:00pm	Oval		7		<b>TF2: \$236</b>
	Pod 2 Top Flight - active stretch	1:45-2:30pm	Oval - 1058		7	45 mins	
	Pod 2 Top Flight - spin & freeskate	3:00-4:00pm	Oval		7	10 mins	
Pod 2 Top Flight - Pilates	4:15-5:00pm	Oval - 1058		7	45 mins		
<b>WEDNESDAY</b> July 6 - August 17	Pod 1 Top Flight - freeskate & group	11:30-12:30pm	Oval		7	10 mins	<b>TF1: \$219</b>
	Pod 1 Top Flight - harness	1:15-1:45pm	Oval - 1058		7	30 mins	
	Pod 1 Top Flight - freeskate	2:15-3:00pm	Oval		7		
	Pod 1 Top Flight - fitness	3:15-4:00pm	Oval - 1058		7	45 mins	
	Pod 2 Top Flight - group & freeskate	12:15-1:15pm	Oval		7	10 mins	<b>TF2: \$236</b>
	Pod 2 Top Flight - harness	1:45-2:30pm	Oval - 1058		7	45 mins	
	Pod 2 Top Flight - freeskate	3:15-4:00pm	Oval		7		
	Pod 2 Top Flight - fitness	4:15-5:00pm	Oval - 1058		7	45 mins	
<b>THURSDAY</b> July 7 - August 18	TOP FLIGHT - OPEN	8:00-8:45am	Coliseum - Richmond Ice Centre (August 4 - Pond)		7		<b>TF OPEN: \$53</b>
	Pod 1 Top Flight - freeskate	11:15-12:00pm	Oval		7		<b>TF1: \$201</b>
	Pod 1 Top Flight - dryland	1:00-1:30pm	Oval - 1058		7	30 mins	
	Pod 1 Top Flight - freeskate & spin	2:00-3:00pm	Oval		7	10 mins	
	Pod 1 Top Flight - dance	3:15-3:45pm	Oval - 1058		7	30 mins	
	Pod 2 Top Flight - freeskate	12:00-12:45pm	Oval		7		
	Pod 2 Top Flight - dryland	1:45-2:30pm	Oval - 1058		7	45 mins	
	Pod 2 Top Flight - spin & freeskate	2:45-3:45pm	Oval		7	10 mins	
Pod 2 Top Flight - dance	4:15-5:00pm	Oval - 1058		7	45 mins		
<b>FRIDAY</b> July 8 - August 19	Pod 1 Top Flight - freeskate	11:30-12:15pm	Oval		7		<b>TF1: \$200</b>
	Pod 2 Top Flight - freeskate	12:15-1:00pm	Oval		7		<b>TF2: \$200</b>
	Pod 1/2 Top Flight - group & freeskate	2:00-3:30pm	Oval		7	30 mins	

**TOP FLIGHT POD 1 5-DAY PER WEEK SUMMER FEE\*: \$1,040**

**TOP FLIGHT POD 2 5-DAY PER WEEK SUMMER FEE\*: \$1,144**

\*Does not include open sessions, coaching fees to be invoiced separately.

**Notes:**

The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2021-Aug 2022)

Schedule is subject to change.

Always check website for schedule changes.

You will be notified regarding which training pod your skater is assigned to.



Connaught Skating Club Summer 2022  
 Competitive Program Schedule & Pricing  
**\*\*\* PAIRS DEVELOPMENT PROGRAM \*\*\***  
 All sessions held at the Richmond Ice Centre  
 July 4 - August 19, 2022

	Session	Time	Location	No Class	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 4 - August 15	PDP - freeskate	1:45-2:30pm	Coliseum - Richmond Ice Centre	August 1	6		<b>\$60</b>
<b>TUESDAY</b> July 5 - August 16	PDP - freeskate	3:00-3:30pm	Coliseum - Richmond Ice Centre (August 2 - Pond)		7		<b>\$49</b>
<b>WEDNESDAY</b> July 6 - August 17	PDP - freeskate	1:45-2:30pm	Coliseum - Richmond Ice Centre (August 3 - Pond)		7		<b>\$70</b>
<b>THURSDAY</b> July 7 - August 18	PDP - freeskate	3:00-3:30pm	Coliseum - Richmond Ice Centre (August 4 - Pond)		7		<b>\$49</b>

**PAIRS DEVELOPMENT PROGRAM 4-DAY PER WEEK SUMMER FEE\*: \$228**  
**\*Coaching fees to be invoiced separately.**

**Notes:**  
 The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2021-Aug 2022)  
 Schedule is subject to change.  
 Always check website for schedule changes.  
 Coaching fees for all freeskate sessions will be invoiced by the coach(es) directly to the skaters.