



**Connaught Skating Club Summer 2023**  
**Competitive Program Schedule & Pricing**  
**\*\*\* BRONZE TRAINING PODS 1 & 2 \*\*\***  
 All sessions held at Minoru Arenas and the Richmond Ice Centre (RIC)  
 July 4th - August 18th, 2023  
vers 06/06/23

	Session	Time	Location	No Class and Time Changes	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 10 - August 14	Pods 1 & 2 Bronze - freeskate	11:00am-12:00pm	Minoru - Silver Rink (Aug 14 - RIC Igloo)	Aug 7 - no class Aug 14 - 10:00-11:00am	5		<b>\$74</b>
	Pods 1 & 2 Bronze - stretch	12:30-1:15pm	Minoru - Mezzanine (Aug 14 - Holiday Inn)	Aug 7 - no class Aug 14 - 11:30am-12:15pm	5	45 mins	
<b>TUESDAY</b> July 4 - August 15	Pod 1 Bronze - freeskate & group	3:15-4:15pm	Minoru - Silver Rink (Aug 8 & 15 - RIC Igloo)	Aug 15 - 2:15-3:15pm	7	15 mins	<b>\$123</b>
	Pod 1 Bronze - dryland	4:30-5:15pm	Minoru - Mezzanine (Aug 8 & 15 - Holiday Inn)	Aug 15 - 3:30-4:15pm	7	45 mins	
	Pod 2 Bronze - group & freeskate	4:00-5:00pm	Minoru - Silver Rink (Aug 8 & 15 - RIC Igloo)	Aug 15 - 3:00-4:00pm	7	15 mins	<b>\$123</b>
	Pod 2 Bronze - dryland	5:15-6:00pm	Minoru - Mezzanine (Aug 8 & 15 - Holiday Inn)	Aug 15 - 4:14-5:00pm	7	45 mins	
<b>WEDNESDAY</b> July 5 - August 16	Pod 1 & 2 Bronze - group & freeskate	11:00am-12:15pm	Minoru - Silver Rink (Aug 9 & 16 - RIC Igloo)	Aug 16 - 10:00-11:15am	7	15 mins	<b>\$152</b>
	Pod 1 & 2 Bronze - dance	12:30-1:30pm	Minoru - Mezzanine (Aug 9 & 16 - Holiday Inn)	Aug 16 - 11:30am-12:30pm	7	60 mins	
<b>THURSDAY</b> July 6 - August 17	Pod 1 Bronze - freeskate & group	3:30-4:45pm	Minoru - Silver Rink (Aug 10 & 17 - RIC Igloo)	Aug 17 - 2:30-3:45pm	7	30 mins	<b>\$156</b>
	Pod 1 Bronze - dryland	5:00-5:45pm	Minoru - Mezzanine (Aug 10 & 17 - Holiday Inn)	Aug 17 - 4:00-4:45pm	7	45 mins	
	Pod 2 Bronze - group & freeskate	4:15-5:30pm	Minoru - Silver Rink (Aug 10 & 17 - RIC Igloo)	Aug 17 - 3:15-3:45pm group & 4:00-4:45pm freeskate	7	30 mins	<b>\$156</b>
	Pod 2 Bronze - dryland	5:45-6:30pm	Minoru - Mezzanine (Aug 10 & 17 - Holiday Inn)	Aug 17 - 5:00-5:45pm	7	45 mins	
<b>FRIDAY</b> July 7 - August 18	Pods 1 & 2 Bronze - freeskate	11:00am-12:00pm	Minoru - Silver Rink (Aug 18 - RIC Igloo)	July 21 - no class Aug 11 - no class Aug 18 - 10:00-11:00am	5		<b>\$76</b>
	Pod 1 & 2 Bronze - fitness	12:30-1:30pm	Minoru - Mezzanine	July 21 - no class Aug 11 - no class Aug 18 - no class	4	60 mins	

**COST OF 5 DAY/WK PROGRAM REGISTRATION**  
**BRONZE POD 1: \$581**  
**BRONZE POD 2: \$581**

OPEN ice							
	Session	Time	Location	No Class and Time Changes	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 10 - August 14	Bronze/Silver/Gold open ice	4:45-5:30pm	Minoru - Silver Rink (Aug 14 - RIC Igloo)	Aug 7 - no class Aug 14 - 4:00-4:45pm	5		<b>\$38</b>
<b>WEDNESDAY</b> July 5 - August 16	Bronze/Silver/Gold open ice	4:45-5:30pm	Minoru - Silver Rink (Aug 9 & 16 - RIC Igloo)	Aug 16 - 4:00-4:45pm	7		<b>\$53</b>
<b>FRIDAY</b> July 7 - August 18	Bronze/Silver/Gold open ice	4:15-5:00pm	Minoru - Silver Rink (Aug 18 - RIC Igloo)	July 21 - no class Aug 11 - no class Aug 18 - 3:15-4:00pm	5		<b>\$38</b>

**Notes:**  
 The \$46 Skate Canada fee is payable once per skater per skating year (Sept 2022-Aug 2023)  
 Schedule is subject to change.  
 Always check website for schedule changes.  
 You will be notified regarding which training pod your skater is assigned to.

**RICHMOND ELEMENTS EVENT: July 21st, 2023**  
**RICHMOND PERFORMACE SERIES (RPS): August 11th, 2023**



**Connaught Skating Club Summer 2023**  
**Competitive Program Schedule & Pricing**  
**\*\*\* SILVER TRAINING PODS 1 & 2 \*\*\***  
 All sessions held at Minoru Arenas & the Richmond Ice Centre (RIC)  
 July 4th - August 18th, 2023  
vers 18/05/23

	Session	Time	Location	No Class and Time Changes	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 10 - August 14	Pod 1 Silver - freeskate & group	1:30-2:30pm	Minoru - Silver Rink (Aug 14 - RIC Igloo)	Aug 7 - no class Aug 14 - 12:30-1:30pm	5	15 mins	<b>\$88</b>
	Pod 1 Silver - stretch	2:45-3:30pm	Minoru - Mezzanine (Aug 14 - Holiday Inn)	Aug 7 - no class Aug 14 - 1:45-2:30pm	5	45 mins	
	Pod 2 Silver - group & freeskate	2:15-3:15pm	Minoru - Silver Rink (Aug 14 - RIC Igloo)	Aug 7 - no class Aug 14 - 1:15-2:15pm	5	15 mins	<b>\$88</b>
	Pod 2 Silver - stretch	3:30-4:15pm	Minoru - Mezzanine (Aug 14 - Holiday Inn)	Aug 7 - no class Aug 14 - 2:30 - 3:15pm	5	45 mins	
<b>TUESDAY</b> July 4 - August 15	Pod 1 Silver - freeskate & group	12:00-1:15pm	Minoru - Silver Rink (Aug 8 & 15 - RIC Igloo)	Aug 15 - 11:00am-12:15pm	7	30 mins	<b>\$156</b>
	Pod 1 Silver - dryland	1:30-2:15pm	Minoru - Mezzanine (Aug 8 & 15 - Holiday Inn)	Aug 15 - 12:30-1:15pm	7	45 mins	
	Pod 2 Silver - group & freeskate	12:45-2:00pm	Minoru - Silver Rink (Aug 8 & 15 - RIC Igloo)	Aug 15 - 11:45am-1:00pm	7	30 mins	<b>\$156</b>
	Pod 2 Silver - dryland	2:15-3:00pm	Minoru - Mezzanine (Aug 8 & 15 - Holiday Inn)	Aug 15 - 1:15-2:00pm	7	45 mins	
<b>WEDNESDAY</b> July 5 - August 16	Pod 1 Silver - freeskate & group	1:30-2:30pm	Minoru - Silver Rink (Aug 9 & 16 - RIC Igloo)	Aug 16 - 12:30-1:30pm	7	15 mins	<b>\$123</b>
	Pod 1 Silver - dance	2:45-3:30pm	Minoru - Mezzanine (Aug 9 & 16 - Holiday Inn)	Aug 16 - 1:45-2:30pm	7	45 mins	
	Pod 2 Silver - group & freeskate	2:15-3:15pm	Minoru - Silver Rink (Aug 9 & 16 - RIC Igloo)	Aug 16 - 1:15-2:15pm	7	15 mins	<b>\$123</b>
	Pod 2 Silver - dance	3:30-4:15pm	Minoru - Mezzanine (Aug 9 & 16 - Holiday Inn)	Aug 16 - 2:30-3:15pm	7	45 mins	
<b>THURSDAY</b> July 6 - August 17	Pod 1 Silver - freeskate & group	12:00-1:15pm	Minoru - Silver Rink (Aug 10 & 17 - RIC Igloo)	Aug 17 - 11:00am-12:15pm	7	30 mins	<b>\$156</b>
	Pod 1 Silver - dryland	1:30-2:15pm	Minoru - Mezzanine (Aug 10 & 17 - Holiday Inn)	Aug 17 - 12:30-1:15pm	7	45 mins	
	Pod 2 Silver - group & freeskate	12:45-2:00pm	Minoru - Silver Rink (Aug 10 & 17 - RIC Igloo)	Aug 17 - 11:45am-1:00pm	7	30 mins	<b>\$156</b>
	Pod 2 Silver - dryland	2:15-3:00pm	Minoru - Mezzanine (Aug 10 & 17 - Holiday Inn)	Aug 17 - 1:15-2:00pm	7	45 mins	
<b>FRIDAY</b> July 7 - August 18	Pod 1 Silver - freeskate & group	1:15-2:15pm	Minoru - Silver Rink (Aug 18 - RIC Igloo)	July 21 - no class Aug 11 - no class Aug 18 - 12:15-1:15pm	5	15 mins	<b>\$81</b>
	Pod 1 Silver - fitness	2:45-3:30pm	Minoru - Mezzanine	July 21 - no class Aug 11 - no class Aug 18 - no class	4	45 mins	
	Pod 2 Silver - group & freeskate	2:00-3:00pm	Minoru - Silver Rink (Aug 18 - RIC Igloo)	July 21 - no class Aug 11 - no class Aug 18 - 1:00-1:15pm group and 1:30-2:15pm freeskate	5	15 mins	<b>\$81</b>
	Pod 2 Silver - fitness	3:30-4:15pm	Minoru - Mezzanine	July 21 - no class Aug 11 - no class Aug 18 - no class	4	45 mins	

**COST OF 5 DAY/WK PROGRAM REGISTRATION**  
**SILVER POD 1: \$604**  
**SILVER POD 2: \$604**

OPEN ice							
	Session	Time	Location	No Class and Time Changes	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 10 - August 14	Bronze/Silver/Gold open ice	4:45-5:30pm	Minoru - Silver Rink (Aug 14 - RIC Igloo)	Aug 7 - no class Aug 14 - 4:00-4:45pm	5		<b>\$38</b>
<b>WEDNESDAY</b> July 5 - August 16	Bronze/Silver/Gold open ice	4:45-5:30pm	Minoru - Silver Rink (Aug 9 & 16 - RIC Igloo)	Aug 16 - 4:00-4:45pm	7		<b>\$53</b>
<b>FRIDAY</b> July 7 - August 18	Bronze/Silver/Gold open ice	4:15-5:00pm	Minoru - Silver Rink (Aug 11 & 18 - RIC Igloo)	July 21 - no class Aug 11 - no class Aug 18 - 3:15-4:00pm	5		<b>\$38</b>

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**RICHMOND ELEMENTS EVENT: Star 2, 3, 4 & 5 - July 21st, 2023**  
**RICHMOND PERFORMACE SERIES (RPS): Star 2, 3 & 4 - August 11th, 2023**



**Connaught Skating Club Summer 2023**  
**Competitive Program Schedule & Pricing**  
**\*\*\* GOLD TRAINING PODS 1 & 2 \*\*\***  
 All sessions held at the Minoru Arenas & the Richmond Ice Centre  
 July 4th - August 18th, 2023  
vers 13/06/23

	Session	Time	Location	No Class and Time Changes	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 10 - August 14	Pod 1 Gold - freeskate & spin	9:00-10:00am	Minoru - Silver Rink (Aug 14 - RIC Igloo)	Aug 7 - no class Aug 14 - 8:00-9:00am	5	15 mins	<b>\$99</b>
	Pod 1 Gold - stretch	10:15-11:15am	Minoru - Mezzanine (Aug 14 - Holiday Inn)	Aug 7 - no class Aug 14 - 9:15-10:15am	5	60 mins	
	Pod 2 Gold - spin & freeskate	9:45-10:45am	Minoru - Silver Rink (Aug 14 - RIC Igloo)	Aug 7 - no class Aug 14 - 8:45-9:45am	5	15 mins	<b>\$99</b>
	Pod 2 Gold - stretch	11:15am-12:15pm	Minoru - Mezzanine (Aug 14 - Holiday Inn)	Aug 7 - no class Aug 14 - 10:15-11:15am	5	60 mins	
<b>TUESDAY</b> July 4 - August 15	Pod 1 Gold - freeskate & group	10:00-11:00am	Minoru - Silver Rink (Aug 8 & 15 - RIC Igloo)	Aug 15 - 9:00-10:00am	7	15 mins	<b>Pod 1 (freeskate, group &amp; dryland): \$123</b> <b>Pod 1 (freeskate, group, dryland &amp; 2nd freeskate): \$179</b> <b>Pod 2 (freeskate, group &amp; dryland): \$123</b> <b>Pod 2 (freeskate, group, dryland &amp; 2nd freeskate): \$179</b>
	Pod 1 Gold - dryland	11:45am-12:30pm	Minoru - Mezzanine (Aug 8 & 15 - Holiday Inn)	Aug 15 - 10:45-11:30am	7	45 mins	
	Pod 2 Gold - group & freeskate	10:45-11:45am	Minoru - Silver Rink (Aug 8 & 15 - RIC Igloo)	Aug 15 - 9:45-10:45am	7	15 mins	
	Pod 2 Gold - dryland	12:30-1:15pm	Minoru - Mezzanine (Aug 8 & 15 - Holiday Inn)	Aug 15 - 11:30am-12:15pm	7	45 mins	
	Pods 1 & 2 Gold - *2nd freeskate	2:15-3:15pm	Minoru - Silver Rink (Aug 8 & 15 - RIC Igloo)	Aug 15 - 1:15-2:15pm	7		
<b>WEDNESDAY</b> July 5 - August 16	Pod 1 Gold - freeskate & spin	9:00-10:00am	Minoru - Silver Rink (Aug 9 & 16 - RIC Igloo)	Aug 16 - 8:00-9:00am	7	15 mins	<b>\$138</b>
	Pod 1 Gold - dance	10:15-11:15am	Minoru - Mezzanine (Aug 9 & 16 - Holiday Inn)	Aug 16 - 9:15-10:15am	7	60 mins	
	Pod 2 Gold - spin & freeskate	9:45-10:45am	Minoru - Silver Rink (Aug 9 & 16 - RIC Igloo)	Aug 16 - 8:45-9:45am	7	15 mins	<b>\$138</b>
	Pod 2 Gold - dance	11:15am-12:15pm	Minoru - Mezzanine (Aug 9 & 16 - Holiday Inn)	Aug 16 - 10:15-11:15am	7	60 mins	
<b>THURSDAY</b> July 6 - August 17	Pod 1 Gold - freeskate & group	10:00-11:00am	Minoru - Silver Rink (Aug 10 & 17 - RIC Igloo)	Aug 17 - 9:00-10:00am	7	15 mins	<b>Pod 1 (freeskate, group &amp; dryland): \$123</b> <b>Pod 1 (freeskate, group, dryland &amp; 2nd freeskate): \$179</b> <b>Pod 2 (freeskate, group &amp; dryland): \$123</b> <b>Pod 2 (freeskate, group, dryland &amp; 2nd freeskate): \$179</b>
	Pod 1 Gold - dryland	11:45am-12:30pm	Minoru - Mezzanine (Aug 10 & 17 - Holiday Inn)	Aug 17 - 10:45-11:30am	7	45 mins	
	Pod 2 Gold - group & freeskate	10:45-11:45am	Minoru - Silver Rink (Aug 10 & 17 - RIC Igloo)	Aug 17 - 9:45-10:45am	7	15 mins	
	Pod 2 Gold - dryland	12:30-1:15pm	Minoru - Mezzanine (Aug 10 & 17 - Holiday Inn)	Aug 17 - 11:30am-12:15pm	7	45 mins	
	Pods 1 & 2 Gold - *2nd freeskate	2:15-3:15pm	Minoru - Silver Rink (Aug 10 & 17 - RIC Igloo)	Aug 17 - 1:15-2:15pm	7		
<b>FRIDAY</b> July 7 - August 18	Pod 1 Gold - freeskate & spin	9:00-10:00am	Minoru - Silver Rink (Aug 18 - RIC Igloo)	July 21 - no class Aug 11 - no class Aug 18 - 8:00-9:00am	5	15 mins	<b>\$90</b>
	Pod 1 Gold - fitness	10:15-11:15am	Minoru - Mezzanine	July 21 - no class Aug 11 - no class Aug 18 - no class	4	60 mins	
	Pod 2 Gold - spin & freeskate	9:45-10:45am	Minoru - Silver Rink (Aug 18 - RIC Igloo)	July 21 - no class Aug 11 - no class Aug 18 - 8:45-9:45am	5	15 mins	<b>\$90</b>
	Pod 2 Gold - fitness	11:15am-12:15pm	Minoru - Mezzanine	July 21 - no class Aug 11 - no class Aug 18 - no class	4	60 mins	

**COST OF 5 DAY/WK PROGRAM REGISTRATION (includes 2nd freeskate on Tuesdays and Thursdays)**  
**GOLD POD 1: \$685**  
**GOLD POD 2: \$685**

<b>Harness - REGISTER FOR ONE ONLY!!!</b>							
	Session	Time	Location	No Class and Time Changes	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 10 - August 14	Pod 1 Gold - Harness	1:00-1:30pm	Oval - Room 1058	Aug 7 - no class	5		<b>\$25</b>
<b>WEDNESDAY</b> July 5 - August 16	Pod 1 Gold - Harness	1:00-1:30pm	Oval - Room 1058		7		<b>\$35</b>
	Pod 2 Gold - Harness	1:30-2:00pm	Oval - Room 1058		7		<b>\$35</b>
	Pod 2 Gold - Harness	2:00-2:30pm	Oval - Room 1058		7		<b>\$35</b>

<b>OPEN ice</b>							
	Session	Time	Location	No Class and Time Changes	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 10 - August 14	Bronze/Silver/Gold open ice	4:45-5:30pm	Minoru - Silver Rink (Aug 14 - RIC Igloo)	Aug 7 - no class Aug 14 - 4:00-4:45pm	5		<b>\$38</b>
<b>WEDNESDAY</b> July 5 - August 16	Bronze/Silver/Gold open ice	4:45-5:30pm	Minoru - Silver Rink (Aug 9 & 16 - RIC Igloo)	Aug 16 - 4:00-4:45pm	7		<b>\$53</b>
<b>FRIDAY</b> July 7 - August 18	Bronze/Silver/Gold open ice	4:15-5:00pm	Minoru - Silver Rink (Aug 11 & 18 - RIC Igloo)	July 21 - no class Aug 11 - no class Aug 18 - 3:15-4:00pm	5		<b>\$38</b>

**Notes:**  
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 \*2nd freeskate - can only be purchased in combination with the other sessions on the same day.





**Connaught Skating Club Summer 2023**  
**Competitive Program Schedule & Pricing**  
**\*\*\* DIAMOND 1 & 2 TRAINING PODS \*\*\***  
 All sessions held at the Richmond Olympic Oval, Minoru Arenas and Richmond Ice Centre  
 July 4th - August 18th, 2023  
vers 13/06/23

	Session	Time	Location	No Class/Time Changes	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 10 - August 14	Diamond Pod 1 - group & freeskate	12:00-1:15pm	Minoru - Silver Rink (Aug 14 - RIC Igloo)	Aug 7 - no class Aug 14 - 11:00am-12:15pm	5	15 mins	<b>\$98</b>
	Diamond Pod 1 - stretch	1:30-2:15pm	Minoru - Mezzanine (Aug 14 - Holiday Inn)	Aug 7 - no class Aug 14 - 12:30-1:15pm	5	45 mins	
	Diamond Pod 2 - stretch	2:00-2:45pm	Minoru - Mezzanine (Aug 14 - Holiday Inn)	Aug 7 - no class Aug 14 - 1:30-2:15pm	5	45 mins	<b>\$98</b>
	Diamond Pod 2 - group & freeskate	3:30-4:45pm	Minoru - Silver Rink (Aug 14 - RIC Igloo)	Aug 7 - no class Aug 14 - 2:30-3:45pm	5	15 mins	
<b>TUESDAY</b> July 4 - August 15	Diamond Pod 1 - freeskate	11:30am-12:30pm	Oval - South Rink		7		<b>\$193</b>
	Diamond Pod 1 - freeskate & group	1:30-2:45pm	Oval - South Rink		7	15 mins	
	Diamond Pod 1 - ballet	3:00-3:45pm	Oval - Studio 2010	Aug 15 - 3:15-4:00pm	7	45 mins	
	Diamond Pod 2 - freeskate	12:30-1:15pm	Oval - South Rink		7		<b>\$179</b>
	Diamond Pod 2 - group & freeskate	2:30-3:45pm	Oval - South Rink		7	15 mins	
	Diamond Pod 2 - ballet	4:00-4:45pm	Oval - Studio 2010		7	45 mins	
<b>WEDNESDAY</b> July 5 - August 16	Diamond Pod 1 - freeskate	11:30am-12:15pm	Oval - South Rink		7		<b>\$131</b>
	Diamond Pod 1 - dryland	1:15-2:00pm	Oval - Studio 1046		7	45 mins	
	Diamond Pod 1 - freeskate	2:15-3:00pm	Oval - South Rink		7		
	Diamond Pod 2 - freeskate	12:15-1:15pm	Minoru - Silver Rink (Aug 9 & 16 - RIC Igloo)	Aug 16 - 11:15am-12:15pm	7		<b>\$193</b>
	Diamond Pod 2 - dryland	1:45-2:30pm	Minoru - Mezzanine (Aug 9 & 16 - Holiday Inn)	Aug 16 - 12:45-1:30pm	7	45 mins	
	Diamond Pod 2 - group & freeskate	3:30-4:45pm	Minoru - Silver Rink (Aug 9 & 16 - RIC Igloo)	Aug 16 - 2:30-3:45pm	7	15 mins	
<b>THURSDAY</b> July 6 - August 17	Diamond Pod 1 - freeskate	11:30am-12:30pm	Oval - South Rink		7		<b>\$193</b>
	Diamond Pod 1 - freeskate & group	1:30-2:45pm	Oval - South Rink		7	15 mins	
	Diamond Pod 1 - dance	3:00-3:45pm	Oval - Studio 2010	July 20 - 3:45-4:30pm	7	45 mins	
	Diamond Pod 2 - freeskate	12:30-1:15pm	Oval - South Rink		7		<b>\$165</b>
	Diamond Pod 2 - group & freeskate	2:30-3:30pm	Oval - South Rink		7	15 mins	
	Diamond Pod 2 - dance	4:00-4:45pm	Oval - Studio 2010		7	45 mins	
<b>FRIDAY</b> July 7 - August 18	Diamond Pod 1 - freeskate	11:30am-12:15pm	Oval - South Rink		7		<b>\$138</b>
	Diamond Pod 1 - stretch/yoga	1:00-2:00pm	Oval - Studio 1046	Aug 18 - no class	6	60 mins	
	Diamond Pod 1 - freeskate	2:15-3:00pm	Oval - South Rink		7		
	Diamond Pod 2 - freeskate	12:00-1:00pm	Minoru - Silver Rink (Aug 18 - RIC Igloo)	July 21 - no class Aug 11 - no class Aug 18 - 11:00am-12:00pm	5		<b>\$107</b>
	Diamond Pod 2 - fitness	1:45-2:30pm	Minoru - Mezzanine	July 21 - no class Aug 11 - no class Aug 18 - no class	4	45 mins	
	Diamond Pod 2 - freeskate	3:15-4:15pm	Minoru - Silver Rink (Aug 18 - RIC Igloo)	July 21 - no class Aug 11 - no class Aug 18 - 2:15-3:15pm	5		

**COST OF 5 DAY/WK PROGRAM REGISTRATION**  
**DIAMOND POD 1: \$753**  
**DIAMOND POD 2: \$742**

<b>Harness - REGISTER FOR ONE ONLY!!!</b>							
	Session	Time	Location	No Class and Time Changes	# Sessions	Instruction Included in fee	Fee
<b>THURSDAY</b> July 6 - August 17	Diamond Pod 1 - Harness	4:20-4:40pm	Oval - Room 1058		7		<b>\$35</b>
	Diamond Pod 1 - Harness	4:40-5:00pm	Oval - Room 1058		7		<b>\$35</b>
	Diamond Pod 2 - Harness	5:00-5:20pm	Oval - Room 1058		7		<b>\$35</b>
	Diamond Pod 2 - Harness	5:20-5:40pm	Oval - Room 1058		7		<b>\$35</b>

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**Connaught Skating Club Summer 2023**  
**Competitive Program Schedule & Pricing**  
**\*\*\* DIAMOND 3 TRAINING POD \*\*\***  
 All sessions held at the Richmond Olympic Oval  
 July 4th - August 18th, 2023  
vers 13/06/23

	Session	Time	Location	No Class/Time Changes	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 10 - August 14	Diamond Pod 3 - group & freeskate	12:45-1:45pm	Oval - South Rink	Aug 7 - 1:15-2:15pm (freeskate only) Aug 14 - 1:30-2:15pm (freeskate only)	6	15 mins (except Aug 7 & 14)	<b>\$129</b>
	Diamond Pod 3 - pilates	2:15-3:00pm	Oval - Studio 1046	Aug 7 - no class Aug 14 - 12:15-1:00pm	5	45 mins	
	Diamond Pod 3 - freeskate	3:45-4:45pm	Oval - South Rink	Aug 7 - no class Aug 14 - 4:00-4:45pm	5		
<b>TUESDAY</b> July 4 - August 15	Diamond Pod 3 - ballet	12:30-1:15pm	Oval - Studio 2010	Aug 15 - 1:30-2:15pm	7	45 mins	<b>\$185</b>
	Diamond Pod 3 - freeskate	1:45-2:45pm	Oval - North Rink	Aug 15 - no class	6		
	Diamond Pod 3 - group & freeskate	5:00-6:15pm	Oval - North Rink	Aug 15 - 2:45-4:00pm	7	15 mins	
<b>WEDNESDAY</b> July 5 - August 16	Diamond Pod 3 - freeskate	12:15-1:15pm	Oval - South Rink		7		<b>\$145</b>
	Diamond Pod 3 - dryland	3:00-3:45pm	Oval 1046		7	45 mins	
	Diamond Pod 3 - freeskate	4:00-4:45pm	Oval - South Rink		7		
<b>THURSDAY</b> July 6 - August 17	Diamond Pod 3 - Dance	12:30-1:15pm	Oval - Studio 2010	July 20 - 2:15-3:00pm	7	45 mins	<b>\$211</b>
	Diamond Pod 3 - freeskate	1:45-2:45pm	Oval - North Rink	July 20 - 1:00-1:45pm	7		
	Diamond Pod 3 - Theory	3:15-3:45pm	Oval - South Rinkside	July 20 - no class	6	30 mins	
	Diamond Pod 3 - group & freeskate	5:00-6:15pm	Oval - North Rink	July 20 - 3:45-4:30pm (freeskate only)	7	15 mins (except July 20)	
<b>FRIDAY</b> July 7 - August 18	Diamond Pod 3 - freeskate	12:15-1:15pm	Oval - South Rink		7		<b>\$139</b>
	Diamond Pod 3 - stretch/yoga	2:00-2:45pm	Oval - Studio 1046	Aug 18 - no class	6	45 mins	
	Diamond Pod 3 - freeskate	4:00-4:45pm	Oval - South Rink		7		

**COST OF 5 DAY/WK PROGRAM REGISTRATION  
DIAMOND POD 3: \$809**

<b>Harness - REGISTER FOR ONE ONLY!!!</b>							
	Session	Time	Location	No Class and Time Changes	# Sessions	Instruction Included in fee	Fee
<b>TUESDAY</b> July 4 - August 15	Diamond Pod 3 - Harness	4:00-4:20pm	Oval - Room 1058		7		<b>\$35</b>
	Diamond Pod 3 - Harness	4:20-4:40pm	Oval - Room 1058		7		<b>\$35</b>
	Diamond Pod 3 - Harness	4:40-5:00pm	Oval - Room 1058		7		<b>\$35</b>
<b>THURSDAY</b> July 6 - August 17	Diamond Pod 3 - Harness	4:00-4:20pm	Oval - Room 1058		7		<b>\$35</b>

**Notes:**  
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**Connaught Skating Club Summer 2023**  
**Competitive Program Schedule & Pricing**  
**\*\*\* TOP FLIGHT TRAINING PODS \*\*\***  
 All sessions held at the Richmond Olympic Oval, Minoru Arenas and Richmond Ice Centre  
 July 4th - August 18th, 2023  
vers 13/06/23

	Session	Time	Location	No Class/Time Changes	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 10 - August 14	Pod 1 Top Flight - group & freeskate	10:15-11:15am	Oval - North Rink (Aug 7 - Oval South)	July 17 - no class Aug 7 & 14 - 11:30am-12:30pm	5	15 mins	<b>\$126</b>
	Pod 1 Top Flight - pilates	12:00-12:45pm	Oval - Studio 1046	Aug 7 - no class Aug 14 - 1:00-1:45pm	5	45 mins	
	Pod 1 Top Flight - freeskate	2:00-2:45pm	Oval - South Rink	Aug 7 - 2:30-3:30pm (TF12) Aug 14 - 2:15-3:00pm	6		
	Pod 2 Top Flight - group & freeskate	11:30am-12:30pm	Oval - South Rink	Aug 7 & 14 - 12:15-1:15pm	6	15 mins	<b>\$136</b>
	Pod 2 Top Flight - pilates	1:00-1:45pm	Oval - Studio 1046	Aug 7 - no class Aug 14 - 2:00-2:45pm	5	45 mins	
	Pod 2 Top Flight - freeskate	2:45-3:30pm	Oval - South Rink	Aug 7 - 2:30-3:30pm (TF12) Aug 14 - 3:15-4:00pm	6		
<b>TUESDAY</b> July 4 - August 15	Pod 1 Top Flight - group & freeskate	10:45am-12:00pm	Oval - North Rink	Aug 15 - 1:15-2:30pm	7	15 mins	<b>\$182</b>
	Pod 1 Top Flight - ballet	1:30-2:15pm	Oval - Studio 2010	Aug 15 - 12:30-1:00pm	7	45 mins (except Aug 15)	
	Pod 1 Top Flight - freeskate	2:45-3:45pm	Oval - North Rink	Aug 15 - no class	6		
	Pod 2 Top Flight - group & freeskate	12:15-1:30pm	Oval - North Rink	Aug 15 - 4:00-5:15pm	7	15 mins	<b>\$185</b>
	Pod 2 Top Flight - ballet	2:15-3:00pm	Oval - Studio 2010	Aug 15 - 2:30-3:15pm	7	45 mins	
	Pod 2 Top Flight - freeskate	4:00-5:00pm	Oval - North Rink	Aug 15 - no class	6		
<b>WEDNESDAY</b> July 5 - August 16	Pod 1 Top Flight - dryland	10:00-10:45am	Oval - North Rinkside		7	45 mins	<b>\$179</b>
	Pod 1 Top Flight - group & freeskate	11:00am-12:15pm	Oval - North Rink		7	15 mins	
	Pod 1 Top Flight - freeskate	1:30-2:15pm	Oval - South Rink		7		
	Pod 2 Top Flight - group & freeskate	12:30-1:45pm	Oval - North Rink		7	15 mins	<b>\$179</b>
	Pod 2 Top Flight - dryland	2:15-3:00pm	Oval - Studio 1046		7	45 mins	
	Pod 2 Top Flight - freeskate	3:15-4:00pm	Oval - South Rink		7		
<b>THURSDAY</b> July 6 - August 17	Pod 1 Top Flight - group & freeskate	10:45am-12:00pm	Oval - North Rink		7	15 mins	<b>\$191</b>
	Pod 1 Top Flight - dance	1:30-2:15pm	Oval - Studio 2010	July 20 - 12:30-1:15pm	7	45 mins	
	Pod 1 Top Flight - freeskate	2:45-3:45pm	Oval - North Rink	July 20 - 2:00-2:45pm	7		
	Pod 2 Top Flight - group & freeskate	12:15-1:30pm	Oval - North Rink	July 20 - 11:45am-1:00pm	7	15 mins	<b>\$191</b>
	Pod 2 Top Flight - dance	2:15-3:00pm	Oval - Studio 2010	July 20 - 1:30-2:15pm	7	45 mins	
	Pod 2 Top Flight - freeskate	4:00-5:00pm	Oval - North Rink	July 20 - 2:45-3:30pm	7		
<b>FRIDAY</b> July 7 - August 18	Pod 1 Top Flight - group & freeskate	10:45am-12:00pm	Oval - North Rink		7	15 mins	<b>\$137</b>
	Pod 1 Top Flight - freeskate	1:30-2:15pm	Oval - South Rink		7		
	Pod 1 Top Flight - Oval HP	3:30-4:30pm	Oval - HP training studio		7	60 mins	<b>Invoiced directly by Oval</b>
	Pod 2 Top Flight - group & freeskate	12:15-1:30pm	Oval - North Rink		7	15 mins	<b>\$137</b>
	Pod 2 Top Flight - freeskate	3:15-4:00pm	Oval - South Rink		7		
	Pod 2 Top Flight - Oval HP	4:30-5:30pm	Oval - HP training studio		7	60 mins	<b>Invoiced directly by Oval</b>

**COST OF 5 DAY/WK PROGRAM REGISTRATION**  
**TOP FLIGHT POD 1: \$815**  
**TOP FLIGHT POD 2: \$828**

<b>Harness - REGISTER FOR ONE ONLY!!!</b>							
	Session	Time	Location	No Class and Time Changes	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 10 - August 14	Pod 2 Top Flight - Harness	1:30-1:50pm	Oval - Room 1058	Aug 7 - no class	5		<b>\$25</b>
	Pod 2 Top Flight - Harness	1:50-2:10pm	Oval - Room 1058	Aug 7 - no class	5		<b>\$25</b>
	Pod 2 Top Flight - Harness	2:10-2:30pm	Oval - Room 1058	Aug 7 - no class	5		<b>\$25</b>
<b>WEDNESDAY</b> July 5 - August 16	Pod 1 Top Flight - Harness	2:30-2:50pm	Oval - Room 1058		7		<b>\$35</b>
	Pod 1 Top Flight - Harness	2:50-3:10pm	Oval - Room 1058		7		<b>\$35</b>
	Pod 1 Top Flight - Harness	3:10-3:30pm	Oval - Room 1058		7		<b>\$35</b>

<b>OPEN ice</b>							
	Session	Time	Location	No Class and Time Changes	# Sessions	Instruction Included in fee	Fee
<b>TUESDAY</b> July 4 - August 15	Pod 1 & 2 TF OPEN	9:00-9:45am	Minoru - Silver Rink (Aug 8 & 15 - RIC Igloo)	Aug 15 - 8:00-8:45am	7		<b>\$53</b>
	Pod 1 & 2 TF OPEN	Aug 15 only 5:30-6:15pm	Oval - North Rink		1		<b>\$8</b>
<b>THURSDAY</b> July 6 - August 17	Pod 1 & 2 TF OPEN	9:00-9:45am	Minoru - Silver Rink (Aug 10 & 16 - RIC Igloo)	Aug 16 - 8:00-8:45am	7		<b>\$53</b>

**Notes:**  
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**Connaught Skating Club Summer 2023**  
**Competitive Program Schedule & Pricing**  
**\*\*\* PAIRS DEVELOPMENT PROGRAM \*\*\***  
 All sessions held at Minoru Arena & the Richmond Ice Centre  
 July 4th - August 18th, 2023  
vers 13/06/23

	Session	Time	Location	No Class/Time Changes	# Sessions	Instruction Included in fee	Fee
<b>MONDAY</b> July 10 - August 14	PDP - freeskate	8:00-9:00am	Minoru - Silver Rink (Aug 14 - RIC Igloo)	<b>Aug 7</b> - no class <b>Aug 14</b> - 7:00-8:00am	5		<b>\$73</b>
	PDP - dryland	9:15-9:45am	Minoru - Mezzanine (Aug 14 - TBD)	<b>Aug 7</b> - no class <b>Aug 14</b> - 8:15-8:45am	5	30 mins	
<b>TUESDAY</b> July 4 - August 15	PDP - freeskate	8:00-9:00am	Minoru - Silver Rink (Aug 8 & 15 - RIC Igloo)	<b>Aug 15</b> - 7:00-8:00am	7		<b>\$70</b>
<b>WEDNESDAY</b> July 5 - August 16	PDP - freeskate	8:00-9:00am	Minoru - Silver Rink (Aug 9 & 16 - RIC Igloo)	<b>Aug 16</b> - 7:00-8:00am	7		<b>\$111</b>
	PDP - dance	9:10-9:50am	Minoru - Mezzanine (Aug 9 & 16 - RIC dressing room)	<b>Aug 16</b> - 8:15-8:45am	7	40 mins (except Aug 16)	
<b>THURSDAY</b> July 6 - August 17	PDP - freeskate	8:00-9:00am	Minoru - Silver Rink (Aug 10 & 17 - RIC Igloo)	<b>Aug 17</b> - 7:00-8:00am	7		<b>\$70</b>
<b>FRIDAY</b> July 7 - August 18	PDP - freeskate	8:00-9:00am	Minoru - Silver Rink (Aug 18 - RIC Igloo)	<b>July 21</b> - no class <b>Aug 11</b> - no class <b>Aug 18</b> - 7:00-8:00am	5		<b>\$68</b>
	PDP - dryland	9:15-9:45am	Minoru - Mezzanine	<b>July 21</b> - no class <b>Aug 11</b> - no class <b>Aug 18</b> - no class	4		

**COST OF 5 DAY/WK PROGRAM REGISTRATION**  
**PDP: \$392**

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 You will be notified regarding which training pod your skater is assigned to.  
 Coaching fees for all freeskate sessions will be invoiced by the coach(es) directly to the skaters.