

SPRING



2023

ARENA	TIMES	SESSION NAME	LENGTH	REG PRICE	
MONDAY					
		March 27th - May 15nd		7	
Sportsplex	3:30 - 4:15 pm	Intermediate Free	45 min		
Sportsplex	4:15 - 4:30 pm	Intermediate Spins/Cardio	15 min		incl coach
Sportsplex	4:45 - 5:15 pm	Intermediate Dryland	30 min	\$137.00	incl coach
Sportsplex	4:30 - 5:15 pm	Canskate	45 min	\$90.00	incl coach
Sportsplex	4:45 - 5:15 pm	Pre-Canskate	30 min	\$85.00	incl coach
Sportsplex	5:30 - 5:45 pm	Senior Skills	15 min		
Sportsplex	5:45 - 6:30 pm	Senior Freeskate	45 min		
Sportsplex	6:30 - 7:00 pm	Senior Development/Spins/Cardio	30 min		incl coach
Sportsplex	7:15 - 7:45 pm	Senior Dryand	30 min	\$193.00	incl coach
No skating April 10th for Easter, and May 22nd for Victoria Day.					
TUESDAY					
		March 28th - May 23rd		9 weeks	
Sportsplex	2:15 - 3:15 pm	Open All Disciplines	60 min	\$178.00	
Sportsplex	3:30 - 4:15 pm	Senior Freeskate	45 min		
Sportsplex	4:15 - 4:30 pm	Senior Dance	15 min		
Sportsplex	4:45 - 5:15pm	Senior Dryland	30 min	\$155.00	incl coach
Sportsplex	4:30 - 5:15 pm	Intermedite Freeskate	45 min		
Sportsplex	5:15 - 5:30 pm	Intermediate Dance	15.min	\$118.00	
Sportsplex	5:30 - 6:15 pm	Jr Academy (Group)	45 min	\$174.00	incl coach
Sportsplex	5:30 - 6:15 pm	Teen/Adult (Group)	45 min	\$153.00	incl coach
WEDNESDAY					
		March 29th - May 24th		8/9 wks	
Sportsplex	3:30 - 4:15 pm	Junior (Privates)	45 min		
Sportsplex	4:30 - 5:00 pm	Junior Dryland	30 min	\$128.00	incl coach
Sportsplex	4:15 - 4:30 pm	Intermediate Skills	15 min		
Sportsplex	4:30 - 5:15 pm	Intermediate Freeskate	45 min		
Sportsplex	5:15 - 5:30 pm	Intermediate Dance	15 min		
Sportsplex	5:45 - 6:15 pm	Intermediate Dryland	30 min	\$163.00	incl coach
Sportsplex	5:45 - 6:30 pm	Canskate	45 min	\$100.00	incl coach
Sportsplex	6:00 - 6:30 pm	Pre-Canskate	30 min	\$95.00	incl coach
Sportsplex	6:30 - 7:15 pm	Senior Freeskate	45 min		
Sportsplex	7:15 - 7:45 pm	Senior Dance	30 min	\$130.00	
TBA. One Test day cancellation for Canskate, Pre-Canskate, Sr and Int sessions.					
SPORTSPLEX ADDRESS: #100 20165 91a Ave. Langley BC.					

ARENA	TIMES	SESSON NAME	LENGTH	REG PRICE	
THURSDAY					
		March 30th - May 25th		9 weeks	
Sportsplex	2:15 - 3:15 pm	Open All Disciplines	60 min	\$178.00	
Sportsplex	3:30 - 4:15 pm	Junior/JR Academy (Group)	45 min		incl coach
Sportsplex	4:30 - 5:00 pm	Junior/JR Academy Dryland	30 min	\$210.00	incl coach
Sportsplex	3:30 - 4:00 pm	Senior Dryland	30 min		incl coach
Sportsplex	4:15 - 5:15 pm	Senior Freeskate	60 min		
Sportsplex	5:15 - 5:45 pm	Senior Dance	30 min	\$209.00	
Sportsplex	5:45 - 6:15 pm	Intermediate Dryland	30 min		incl coach
Sportsplex	6:30 - 7:15 pm	Intermediate Freeskate	45 min		
Sportsplex	7:15 - 7:45 pm	Intermediate Dance	30 min	\$182.00	
FRIDAY					
		March 31st - May 26th		9 weeks	
Sportsplex	6:00 - 7:30 am	Open. All Disciplines	90 min	\$115.00	
Sportsplex	6:00 - 8:00 am	Open. All Disciplines	120 min	\$153.00	
Sportsplex	6:30 - 8:00 am	Open. All Disciplines	90 min	\$115.00	
Sportsplex	3:30 - 4:15 pm	Junior (Privates)	45 min	\$91.00	
Sportsplex	4:15 - 5:00 pm	Senior Freeskate	45 min		
Sportsplex	5:00 - 5:30 pm	Senior Skills/Dance	30 min	\$146.00	
SATURDAY					
		April 1st - May 27th.		9weeks	
Sportsplex	10:00 - 10:45 am	Senior Freeskate	45 min		
Sportsplex	10:45 - 11:00 am	Senior Skills	15 min	\$119.00	
Sportsplex	11:15 - 12:00 pm	Open All Disciplines	45 min	\$91.00	
Sportsplex	12:00 - 12:45 pm	Intermediate Freeskate	45 min		
Sportsplex	12:45 - 1:00 pm	Intermediate Skills	15 min	\$119.00	
LEVEL REQUIREMENTS					
JUNIOR ACADEMY (JA). By coach approval/assessment. (Minimum 2 days per week.)					
TEEN/ADULT. (May participate in private lessons with coach referral only.)					
OPEN ALL DISCIPLINES. Registration open to all private lesson skaters.					
JUNIOR. Star 1 & 2 -coach approval. (Minimum 2 days a week, 1 must be a group lesson.)					
INTERMEDIATE. Star 3 & 4 -coach approval. (Minimum 3 days a week required.)					
SENIOR. Completed Star 5 and up or landing a double jump. -coach approval. (Min 4 days a week required.)					
LSC acknowledges the financial support of the government of British Columbia.					