



100 MILE HOUSE SKATING CLUB

REGISTER
NOW



REGISTRATION FOR THE 2024/2025 SEASON IS NOW OPEN!

NEWS UPDATES

We hope that everyone is enjoying their summer and taking advantage of the final weeks before returning back to school! We have had the pleasure of seeing some of our skaters practice at the Total Ice Training Center in Williams Lake over the summer and eagerly anticipate seeing everyone else very soon!

Ice is back in at the South Cariboo Rec Centre and has already welcomed some of our skaters back this week. We encourage everyone to check out this season's programs and register online at 100mfsc.ca. Prior to registering, you will need to obtain your CRD Rec pass number from the South Cariboo Rec Center Office. Their office is open Monday through Friday from 8:30-4:30 pm and located at #2-175B Wrangler Way.

Family discount and funding available: To receive a 25% coupon code for registering third and/or additional skaters (must be from the same household), please contact the club. Visit [KidSport](#) or [Jumpstart](#) to see if you are eligible for financial assistance with programs. Please notify the club upon submission of an application.

If you have any other inquiries, feel free to contact either the club or your coach.

For questions regarding registration, please email: 100msregister@gmail.com or contact us through our Facebook page.



REMINDER: This is the perfect time to have your skates sharpened and ensure they still fit!

Wishing you a wonderful rest of the summer!

Important Dates:

Pre-season Ice

AUG 20, 21, 22 / 3:45 - 5:15PM
AUG 27, 28, 29 / 3:45 - 5:15PM
SEPT 3, 4, 5 / 3:45 - 5:15PM

Gear Swap

SEPTEMBER 5 / 4:00 - 6:30PM

Program Assistant Training

SEPTEMBER 5 / 5:15 - 6:15PM

Skating Season Starts

SEPTEMBER 8

Competition / Simulation Day

SEPTEMBER 16 5:15 - 6:00PM
SEPTEMBER 23: 5:15 - 6:00PM

Stat / No Skating

SEPTEMBER 30

Autumn Leaves Competition Chilliwack BC Star 2+

OCTOBER 4-6

Power Skating Starts

OCTOBER 6 & 7



2024-2025 100 Mile Skating Club SEASON Schedule

| TIME | SUNDAY | | MONDAY | | TUESDAY | WEDNESDAY | | THURSDAY | | FRIDAY | | |
|-------------|--|---|---|--|---|------------------------------------|--|--|-----------------------------------|--|-----------------------------------|-----------------------------------|
| 3:30– 3:45 | | | Junior Academy 3:30– 4:30 | Senior Academy 3:30 – 4:30 | JUNIOR StarSkate 3:30 – 4:15 | Junior Academy 3:30 – 4:15 | Senior Academy 3:30 – 4:15 | JUNIOR StarSkate 3:30– 4:15 | | SENIOR StarSkate 3:30 -5:00 (Skills Group Lesson) 3:30 – 4:00) | | |
| 3:45 – 4:00 | | | | | | | | | | | | |
| 4:00 - 4:15 | | | | | | | | | | | | |
| 4:15 – 4:30 | | | | | | | | | | | | |
| 4:30- 4:45 | | | Teen/ Adult 4:30 – 5:15 Private Lesson Only | StarSkate DANCE/ SKILLS 4:30 – 5:15 | SENIOR StarSkate 4:15 – 5:00 | SENIOR StarSkate 4:15- 5:00 | JUNIOR SYNCHRO 4:15 –5:15 | SENIOR SYNCHRO 4:15-5:15 | Junior Academy 5:00 – 6:00 | | Senior Academy 5:00 – 6:00 | |
| 4:45 – 5:00 | CanSkate 4:45 -5:30 | Power, Stride & Glide Levels 1 & 2 4:45 – 5:30 Starts Oct. 6 | | | | | | | | | | |
| 5:00 – 5:15 | | | | | | | | | | | | |
| 5:15 – 5:30 | | | | | | | | | | | | |
| 5:30 – 5:45 | Teen/ Adult 5:30 – 6:15 Group Lesson | StarSkate OPEN 5:30 – 6:15 | Power. Stride & Glide Levels 3 & 4 5:15 – 6:00 Starts Oct. 7 | | CanSkate 5:00 – 5:45 Parent & Tot: 5:15 – 5:45 | JUNIOR StarSkate 5:00 – 5:45 | SENIOR StarSkate 5:15 – 6:00 | SENIOR StarSkate 5:15 – 6:00 | | Junior Academy 5:00 – 6:00 | | Senior Academy 5:00 – 6:00 |
| 5:45 – 6:00 | | | | | | | | | | | | |
| 6:00 – 6:15 | | | | | | | | | | | | |
| 6:15 – 6:30 | | | | | | | | | | | | |
| 6:30 – 6:45 | | | | | | | JUNIOR StarSkate *(Off Ice)* 6:00 -7:00 | SENIOR StarSkate *(Off Ice) * 6:15 – 7:15 | | | | |
| 6:45 – 7:00 | | | | | | | | | | | | |
| 7:00 – 7:15 | | | | | | | | | | | | |

Season starts Sept. 8, 2024 – April 5, 2025

(Power skating will start Oct. 6th)

We skate on Pro-D days!

We skate on non-bussing days due to low temperatures, but please use your own discretion for travelling.

No skating on the following Days for the 2024 -2025 Season:

Oct. 31, Nov. 22, Dec. 6, Jan. 17

and all stats: Sept. 30, Oct. 14, Nov. 11, Feb. 17

Christmas Break Dec. 21 – Jan. 4

Spring Break: March 15 -30

END OF YEAR ICE SHOW: SAT. APRIL 5, 2025 (for ALL skaters in any of our programs!)

Skaters participating in the ice show are required to practice during their regular session time the week of March 31 – April. 4th