



CHEAM SKATING CLUB

April 02, 2024 – June 08, 2024

Monday SSC (Rink 2)	Tuesday SSC (Rink 2)	Wednesday SSC (Rink 2)	Thursday SSC (Rink 2)	Friday SSC (Rink 2)	Saturday SSC (Rink 2)
Star 1-3A <i>On Ice</i> 3:30-4:30 <i>Off Ice</i> 4:45-5:15	Canskate Star 3:45-4:15	Star 1-2 <i>On Ice</i> 3:45-4:30 <i>Off Ice</i> 4:40-5:25	Star 1-3A <i>On Ice</i> 3:45-4:45 <i>Off Ice</i> 5:00-5:30	Jr. Academy <i>Off Ice</i> 3:45-4:15 <i>On Ice</i> 4:30-5:15	CanPowerskate U15 & up 8:00-8:45am
Canskate 4:30-5:15	Jr. Academy <i>On Ice</i> 4:15-5:00 <i>Off Ice</i> 5:15-5:45	Jr. Academy <i>On Ice</i> 4:30-5:15 <i>Off Ice</i> 5:25-6:10	Star 3B+ <i>On Ice</i> 4:45-6:00 <i>Off Ice</i> 6:15-7:00	CANSkate 5:15-6:00	Open 9:00-10:00am
Canskate 5:15-6:00	Star 1-2 5:00-6:00	CANSkate 5:15-6:00	CanPowerskate U9-U13 Hockey 6:00-6:45	Open (Star 2+) <i>On Ice</i> 6:00-7:00 <i>Off Ice</i> 7:15-7:45	CANSkate 10:00-10:45am
Star 3B+ <i>Off Ice</i> 5:30-6:00 <i>On Ice</i> 6:15-7:45	Open (Star 3+) 6:00-7:00	Star 3-4 <i>On Ice</i> 6:00-7:00 <i>Off Ice</i> 7:15-8:00			
Teen/Adult Canskate 7:45-8:30 <i>No Teen/Adult class</i> <i>May 13th 20th June 3rd</i>		Star 5+ <i>Off Ice</i> 6:10-6:50 <i>On Ice</i> 7:00-8:00		NO SKATING APRIL 5TH	NO SKATING APRIL 6TH

All programs are taught by Skate Canada Certified Coaches

Canskate: A Skate Canada recognized Learn to Skate program, it is designed for those interested learning how to skate or further pursuing ice sports such as figure skating, hockey, ringette or speed skating.

Teen/Adult Canskate: A Skate Canada recognized Learn to Skate program, it is designed for those interested learning how to skate or further pursuing ice sports such as figure skating, hockey, ringette or speed skating. Designed for skaters aged 13 and over. `

CanPowerskate: A Skate Canada recognized program designed to learn enhanced skating skills and technique for increased agility, speed and stamina in hockey or ringette.

Canskate Star (INVITE ONLY): Skaters in the Canskate program who have been selected by coaches to pursue figure skating will join Canskate Star as their first step in learning to figure skate. Skaters in the Canskate Star program are required to participate in one day of Canskate as well as the Canskate Star class.

Jr. Academy (INVITE ONLY): Our 2-3 day/week program that follows Canskate Star. Skaters in Jr. Academy participate in both on and off ice training.

StarSkate/Competitive Program (INVITE ONLY): Our figure skating program the follows Jr. Academy.