

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SSC (Rink 2)	SSC (Rink 2)	SSC (Rink 2)	SSC (Rink 2)	SSC (Rink 2)	SSC (Rink 2)
Star 1-2		Open (Star 1+) [Rink 3]	Star 2-3	Jr. Academy	
On Ice	Canskate Star	6:30-7:30am	On Ice	On Ice	Open (Star 1+)
3:30-4:30	3:45-4:15	Star 1-2	3:30-4:30	3:45-4:30	9:00-10:00am
Off Ice		On Ice	Off Ice	Off Ice	
4:45-5:15		3:45-4:30	4:45-5:15	4:45-5:15	
	Jr. Academy	Off Ice	Star 1		Canskate
Canskate	On Ice	4:40-5:25	On Ice	Canskate	10:00-10:45am
4:30-5:15	4:15-5:00	Jr. Academy	4:30-5:30	4:30-5:15	
	Off Ice	On Ice	Off Ice		
	5:15-5:45	4:30-5:15	3:45-4:15		
Canskate		Off Ice	Star 4+	Canskate/	
5:15-6:00		5:25-6:10	On Ice	Teen Canskate (12+)	
	Star 1-3	Canskate	5:30-6:30	5:15-6:00	
Star 3-4	5:00-6:00	5:15-6:00	Off Ice		
Off Ice		Star 3-4	6:45-7:15	Star 2+	
5:30-6:00		On Ice		Off Ice	
On Ice	Open (Star 4+)	6:00-7:00	CanPower	5:15-5:45	
6:15-7:30	6:00-7:00	Off Ice	6:30-7:15	On Ice	
Star 5+		7:15-8:00		6:00-7:00	
Off Ice		Star 5+	No Skating April 03,	No Skating April 04,	No Skating April 05,
6:30-7:00		Off Ice	May 08	18, May 09	19, May 10
On Ice		6:10-6:50			
7:15-8:30		On Ice			
No Skating May 19		7:00-8:00			

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. Skaters must have completed Stage 3 Canskate or be enrolled in a minimum of Hockey/Ringette U8.

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 office training.

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