



CHEAM SKATING CLUB

March 31, 2025 – June 14, 2025

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

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 off ice training.

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