



# CHEAM SKATING CLUB

July 02, 2025 – August 14, 2025

Monday	Tuesday	Wednesday	Thursday
SSC Rink 3 - Jul 07	SSC Rink 3 - Jul 08	SSC Rink 3 - Jul 02 - Jul 09	SSC Rink 3 - Jul 03 - Jul 10
SSC Rink 2 - Jul 14 - Aug 11	SSC Rink 2 - Jul 15 - Aug 12	SSC Rink 2 - Jul 16 - Aug 13	SSC Rink 2 - Jul 17 - Aug 14
<b>Star 1-2</b> <i>Off Ice</i> 7:00-7:30 <i>On Ice</i> 7:45-8:45	<b>Star 1-2</b> <i>Off Ice</i> 7:00-7:30 <i>On Ice</i> 7:45-8:45	<b>Star 1-2</b> <i>On Ice</i> 7:30-8:30 <i>Off Ice</i> 9:00-9:30	<b>Star 1-2</b> <i>Off Ice</i> 7:00-7:30 <i>On Ice</i> 7:45-8:45
<b>Star 3+</b> 8:45-9:45	<b>Star 3+</b> <i>On Ice</i> 8:45-9:45 <i>Off Ice</i> 10:00-10:30	<b>Canskate Star + Jr. Academy</b> <i>On Ice</i> 8:30-9:15 <i>Off Ice</i> 9:30-10:00	<b>Star 3+</b> <i>On Ice</i> 8:45-9:45 <i>Off Ice</i> 10:00-10:30
<b>Canskate Star + Jr. Academy</b> <i>On Ice</i> 9:45-10:30 <i>Off Ice</i> 10:45-11:15		<b>Star 3+</b> <i>Off Ice</i> 8:30-9:00 <i>On Ice</i> 9:15-10:15	
<b>No Skating Aug 04</b>		<b>CanSkate</b> 10:15-11:00	

\*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. `

**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. (For the Summer program Canskate Star is combined with Jr. Academy, skaters in the Canskate Star program are not required to participate in Canskate and instead are invited to participate in the Jr. Academy programming)

**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.