



# CHEAM SKATING CLUB

## January 05, 2026 – March 13, 2026

Monday Coliseum (Primary Rink)	Tuesday SSC	Wednesday SSC (Rink 2)	Thursday SSC (Rink 2)	Friday SSC
<b>Canskate</b> 4:00-4:45	<b>SSC (Rink 1)</b>	<b>Open (Bronze+)[Rink 3]</b>	<b>Bronze</b> <i>On Ice</i> 3:45-4:45 <i>Off Ice</i> 5:00-5:30	<b>SSC (Rink 3)</b>
	<b>Bronze (Pod A)</b> <i>On Ice</i> 3:15-4:15 <i>Off Ice</i> 4:30-5:00	6:30-7:30am <b>Jr. Academy</b> <i>On Ice</i> 3:45-4:30 <i>Off Ice</i> 4:45-5:15		<b>Open (Bronze+)</b> 6:30-7:30am
<b>Bronze (Pod B)</b> <i>Off Ice</i> 4:00-4:30 <i>On Ice</i> 4:45-5:45	<b>SSC (Rink 2)</b> <b>Bronze (Pod B)/Silver</b> <i>On Ice</i> 3:45-4:45 <i>Off Ice</i> 5:00-5:30	<b>Canskate</b> 4:30-5:15	<b>Canskate</b> 4:45-5:30	<b>SSC (Rink 1)</b>
		<b>Canskate</b> 5:15-6:00		<b>Jr. Academy</b> <i>On Ice</i> 3:45-4:30 <i>Off Ice</i> 4:45-5:15
<b>Bronze (Pod A)</b> <i>On Ice</i> 5:30-6:30 <i>Off Ice</i> 4:45-5:15	<b>Canskate Star</b> 4:45-5:15	<b>Bronze (Pod A)</b> <i>Off Ice</i> 5:15-5:45 <i>On Ice</i> 6:00-6:50	<b>Silver +</b> <i>On Ice</i> 5:30-6:45 <i>Off Ice</i> 7:00-7:30	<b>SSC (Rink 2)</b>
<b>Jr. Academy</b> <i>On Ice</i> 5:45-6:30 <i>Off Ice</i> 6:45-7:15		<b>Bronze (Pod B)</b> <i>On Ice</i> 6:00-6:50 <i>Off Ice</i> 7:05-7:35		<b>Open (Bronze Pod B+)</b> <i>On Ice</i> 3:30-4:30 <i>Off Ice</i> 5:30-6:00
<b>Silver +</b> <i>Off Ice</i> 6:00-6:30 <i>On Ice</i> 6:45-8:00	<b>Gold/Diamond</b> <i>On Ice</i> 5:15-6:15 <i>Off Ice</i> 6:30-7:00	<b>Silver +</b> <i>Off Ice</i> 6:05-6:35 <i>On Ice</i> 6:50-7:45	<b>Mental Skills (Silver+)</b> <i>Off Ice</i> 7:30-8:00	<b>SSC (Rink 2)</b>
			<b>CANPower</b> 7:00-7:45	<b>Canskate/ Teen Canskate</b> 4:30-5:15
<b>No Skating Feb 16</b>				<b>No Skating Jan 23</b>