



CHEAM SKATING CLUB

January 06, 2025 – March 14, 2025

Monday	Tuesday		Wednesday	Thursday	Friday	
Coliseum (Primary Rink)	SSC (Rink 1)	SSC (Rink 2)	SSC (Rink 2)	SSC (Rink 2)	SSC (Rink 1)	SSC (Rink 2)
CANSkate 4:00-4:45	Star 1-2 <i>On Ice</i> 3:15-4:15 <i>Off Ice</i> 4:30-5:00	CANSkate Star 3:45-4:15	Open (Rink 3) 6:30-7:30am	Star 1-2 <i>On Ice</i> 3:45-4:45 <i>Off Ice</i> 5:00-5:30	Jr. Academy <i>On Ice</i> 3:45-4:30 <i>Off Ice</i> 4:45-5:15	Open (Star 2+) <i>On Ice</i> 3:30-4:30 <i>Off Ice</i> 5:30-6:15
CANSkate 4:45-5:30		Open (Star 3+) 4:15-5:30	Star 1-2 <i>On Ice</i> 3:45-4:30 <i>Off Ice</i> 4:40-5:25			
Star 1-2 <i>Off Ice</i> 4:45-5:15 <i>On Ice</i> 5:30-6:30		Jr. Academy <i>On Ice</i> 5:30-6:15 <i>Off Ice</i> 6:30-7:00	Jr. Academy <i>On Ice</i> 4:30-5:15 <i>Off Ice</i> 5:25-6:00	CANSkate 4:45-5:30		CANSkate 4:30-5:15 No Skating January 24
Star 3+ <i>Off Ice</i> 6:00-6:30 <i>On Ice</i> 6:45-8:00			CANSkate 5:15-6:00	Star 3+ <i>On Ice</i> 5:30-6:45 <i>Off Ice</i> 7:00-7:30		
No Skating February 17			Star 5+ <i>On Ice</i> 6:00-6:55 <i>Off Ice</i> 7:05-7:50	CANPower 7:00-7:45		
			Star 3-4 <i>Off Ice</i> 6:00-6:45 <i>On Ice</i> 6:55-7:45			

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.

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.