

# Daytime Summer Schedule Monday to Thursday

July 7th – August 14th 2025

Non skating day August 4<sup>th</sup>, Test Day TBD

## Star 1/2 (No group lessons)

8:00 - 8:50am          On Ice

9:10 - 10:00am        Off Ice

## Star 8 +

9:00 - 10:10am        On Ice

10:20 - 11:20          Off Ice

## Star 6/7

10:20 - 11:20am        On Ice

11:35 - 12:35pm       Off Ice

## Star 3/4/5

11:30 - 12:30pm        On Ice

12:45 - 1:45pm        Off Ice

## Star 6 +

12:40 - 1:50pm        On ice session

## Open Star skate minimum star 3

2:00 – 3:00 pm        On Ice session

## **Specialty Classes and Learn to Skate Daytime and Evening**

**July 7th – August 14th 2025**

**Non-skating day August 4<sup>th</sup>**

**On Ice Conditioning Thursdays** 3:10-4:00 pm

**Pre-Canskate evening** Tuesday 5:20-5:50pm

Thursday 5:20-5:50pm

This is a learn to skate program for those aged 3 to 5 years old. Must be minimum at three at the time of registration. Skaters are coached in small group format and will progress through Canskate badges. (no-parents on the ice)

**Canskate Evening** Tuesday 6:00 - 6:50pm

7:00 – 7:50pm

Thursdays 6:00 - 6:50pm

7:00 - 7:50pm

Learn to skate program for ages 5 and up. Must be 5 at the time of registration or passed Badge 1 in the CanSkate program.

### **Adult learn to Skate**

For skaters 16 years and up with little or no previous skating experience. Group lessons are provided.

**Mondays** 7:00 – 7:50pm

## **Power Skating      Wednesdays Evenings**

5:00-5:50pm   **Beginner**

**Must have** previous skating experience, suitable for house league hockey and ringette players. This session will enhance your players ability to skate with ease on the ice. Skaters will be grouped with similar ability skaters during the session.

6:00-6:50pm   **Intermediate**

This program is suitable for players that are playing Select or entry-level competitive hockey or ringette such as A, BB etc.

7:00-7:50pm   **Advanced**

This program is for competitive Hockey and Ringette players at a double AA level or higher or the equivalent in your skaters program.

## **Starskate Evening**

**July 7th– August 14th 2025**

**Non-skating day August 4<sup>th</sup>**

Open to all StarSkaters star 3 and up that are working with a private coach.

**Tuesday**      8:00 - 9:00pm

**Thursday**      8:00 - 9:00pm

## **Adult StarSkate Evening**

**July 7th– August 14th 2025**

**Non-skating day August 4<sup>th</sup>**

**Monday**      8:00 – 9:00 pm

**Wednesday**      8:00 – 9:00 pm

This program is for **experienced skaters ages 16 years** and up and includes a 10 min stroking lesson at the beginning of the session. Skaters are to speak with a private coach to arrange for lessons during this session **no group** lessons are provided.