

JR/ PRE ACADEMY
MONDAY TO THURSDAY

7:45 - 8:00	Arrival		Jr Leader A
8:00 - 8:30	Warm up/ Jump	with BRONZE	Jr Leader A
Skates on			Jr Leader A
8:45 - 9:00	Edge/ Turn / Stroking	with BRONZE	Jr Leader A
9:00 - 9:45	Free Skate	with BRONZE / SILVER A skat	(Jump Lesson) 9:15 Jr Leader A
Skates Off / Snack			Jr Leader A
9:45 - 10:00	JR A Break / Game	JR A only	Jr Leader A
10:15 - 11:00	Off Ice Jump / Spin Positions / Game / Craft	JR A only OR with Bronze/ Silv	Jr Leader A
11:00 - 11:25	Lunch	JR A/ Bronze / Silver	Jr Leaders A & B
Snack / Skates on		JR A	Jr Leaders A & B
11:40 - 11:55	Skills	with JR A / BRONZE / SILVER	(CanSkate lesson) Jr Leaders A
11:55 - 12:05	Spins	with JR A / BRONZE	(Spin Lesson) Jr Leaders A
12:05 - 12:30	Skates off / End of Day Wrap up / Skaters Circle	JR A	Jr Leader A
12:30	Pick up	JR A	Jr Leader A

JR/ PRE ACADEMY
FRIDAY

7:45 - 8:00	Arrival		Jr Leader A
8:00 - 8:45	Off Ice warm up / Jump		Jr Leader A
Skates on			Jr Leader A
9:00 - 10:00	On Ice		(lessons) Jr Leader A
Skates off / snack			Jr Leader A
10:15 - 11:00	Off Ice - Seminar		Jr Leader A
11:15 - 12:00	Off Ice Game/ Craft / End of week Wrap up / Skaters Circle		Jr Leader B
12:00 - 12:30	Pick Up		Jr Leader A

		Summer 2026	
BRONZE		Monday- Thursday	
MONDAY TO THURSDAY		<i>Off ice - Jan - Monday/ Tuesday/ Thursday, Yana Dance Wed / Specialty Fridays</i>	
7:45 - 8:00	Arrival		JR Leader A
8:00 - 8:30	Warm up/ Jump	with JR A	JR Leader A
Skates on			
8:45-9:00	Edge/ Turn / Stroking	with JR A	JR Leader B
9:00-9:45	Free Skate	with JR A and Silver A	JR Leader B
9:45-10:00	Dance	Star 1-5	JR Leader B
Skates Off			
10:15 - 11:00	Off Ice	with SILVER	JR Leader B
Lunch / Skates on			JR Leader A and B
11:40 - 11:55	Skills	With JR A / SILVER	JR Leader B
11:55 - 12:05	Spins	with JR A	JR Leader B
12:05 - 12:40	Free	with SILVER	JR Leader B
12:40 - 1:00	Skates off / End of Day Wrap up / Skaters Circle		JR Leader B
1:00	Pick Up		JR Leader B
BRONZE		FRIDAY	
7:45 - 8:00	Arrival		Jr Leader A
8:00 - 8:45	Off Ice warm up / Jump		Jr Leader A
Skate on			Jr Leader A
9:00 - 10:00	ON ICE		Jr Leader A
Skates off / snack			Jr Leader A
10:15 - 11:00	Off Ice - Seminar		Jr Leader A
11:15 - 12:00	Off Ice Game/ Craft / Weekly Wrap up / Skaters Circle		Jr Leader B
12:00 - 12:30	Pick Up		Jr Leader A



Summer 2026

SILVER A (1/2 day)

Off ice - Jan - Monday/ Tuesday/ Thursday, Yana Dance Wed / Specialty Fridays

MONDAY TO THURSDAY

8:00	Arrival / Warm Up / Skates on	Join Bronze / Jr A 15min warm up lead	JR Leader A
8:25 - 8:45	Edge Turn/ Stroking		JR Leader B
Break			
9:00-9:45	Free Skate	with BRONZE /JR A Free	JR Leader B
9:45 - 10:00	Dance	Star 1-5	JR Leader B
Skates off			
10:15-11:00	Off Ice	With Bronze	JR Leader B
11:00 - 11:40	Lunch / Skates on		JR Leader A and B
11:40 - 11:55	Skills	With JR A / BRONZE	JR Leader B
11:55 - 12:05	Spins	With JR A / BRONZE	JR Leader B
12:05 - 12:40	Free	With BRONZE	JR Leader B
12:40 - 1:00	Coach Tech	With SILVER / GOLD / EXCEL	
1:00 - 1:30	Skates off / End of Day Wrap up / Skaters Circe		JR Leader C
1:30	Pick Up		JR Leader C

SILVER A (1/2 day skaters)

FRIDAY

8:00 - 8:45	Off Ice warm up / Jump		JR Leader A
9:00 - 9:30	Off Ice games / Craft		Jr Leader B
skates on			
10:10 - 11:10	On Ice - SILVER		Jr Leader A
skates off			
11:15 - 12:00	Off Ice Seminar		
Skates on			
12:20-12:40	On Ice Coach tech		
12:40	Pick up		Jr Leader B

REVISED July 6, 2026



Full Days / 2-3 days a week skaters

Summer 2026

SILVER B Full Days / 2-3 days a week

Off ice - Ian - Monday/ Tuesday/ Thursday, Yana Dance Wed / Specialty Fridays

MONDAY TO THURSDAY

8:00	Arrival / Warm Up / Skates on	Join Bronze / Jr A 15min warm up lead	JR Leader A
8:25- 8:45	Edge Turn/ Stroking	With Silver A	JR Leader B
Break			
9:45 - 10:00	Dance	Star 1-5	JR Leader B
FLOOD BREAK			
10:15-11:00	Off Ice	With Bronze	JR Leader B
11:00 -11:40	Lunch / Skates on		JR Leader A and B
11:40 - 11:55	Skills	With JR A / BRONZE	JR Leader B
11:55 - 12:05	Spins	With JR A / BRONZE	JR Leader B
12:05 - 12:40	Free	With BRONZE	JR Leader B
12:40 - 1:00	Coach Tech	With SILVER / GOLD / EXCEL	
1:00-1:15	Flood		
1:15-2:00	Free skate	Silver B / Gold	
Break skates off			
2:30 - 3:00	Off Ice Jump	Silver B / Gold	Jr Leader C
3:00 - 3:30	End of day Wrap up / Skaters Circle	Silver B / Gold	Jr Leader C

SILVER B - Full Day

FRIDAY

8:00 - 8:45	Warm Up / Jump		JR Leader A
9:00 - 9:30	Off Ice Game / Craft		Jr Leader B
skates on			
10:10 - 11:10	ON ICE		
skates off			
11:15- 12:00	Off Ice - Seminar		
skates on			
12:20 - 12:40	ON ICE - SILVER/ GOLD / EXCEL Coach tech		
Flood Break			
12:50 - 1:40	ON ICE -Seminar A		Jr Leader C
Flood if needed			
1:50 - 2:20	ON ICE -Seminar B		Jr Leader C
skates off			
2:30 - 3:00	End of week Wrap up / Skaters Circle		Jr Leader C

		Full Days / 5 days a week skaters	
		Summer 2026	
SILVER B Full Days		<i>Off ice - Jan - Monday/ Tuesday/ Thursday, Yana Dance Wed / Specialty Fridays</i>	
MONDAY TO THURSDAY			
8:00	Arrival / Warm Up / Skates on	Join Bronze / Jr A 15min warm up lead	JR Leader A
8:25- 8:45	Edge Turn/ Stroking	With Silver A	JR Leader B
8:45-9:45	Off Ice	with GOLD/ EXCEL	
Break / Flood			
10:10 - 11:00	Free skate	with Gold / Excel	
11:00-11:15	Spins / Skills	with Gold / Excel	
11:15-11:30	<i>Dance</i>	STAR 6+	
Lunch Break			JR Leader C
12:40-1:00	Coach Tech	Silver A / Silver B / Gold / Excel	
1:00-1:15	Flood		
1:15-2:00	Free skate	Silver B / Gold	
Break skates off			
2:30 - 3:00	Off Ice Jump	Silver B / Gold	Jr Leader C
3:00 - 3:30	Stretch / End of Day Wrap up / Skaters	Silver B / Gold	Jr Leader C
SILVER B - Full Day			
FRIDAY			
8:00 - 8:45	Warm Up / Jump		JR Leader A
9:00 - 9:30	Off Ice Game / Craft		Jr Leader B
skates on			
10:10 - 11:10	ON ICE		
skates off			
11:15- 12:00	Off Ice - Seminar		
skates on			
12:20 - 12:40	ON ICE - SILVER/ GOLD / EXCEL Coach tech		
Flood Break			
12:50 - 1:40	ON ICE -Seminar A		Jr Leader C
Flood if needed			
1:50 - 2:20	ON ICE -Seminar B		Jr Leader C
skates off			
2:30 - 3:00	End of week Wrap up / Skaters Circle		Jr Leader C



Summer 2026

GOLD

Off ice - Jan - Monday/ Tuesday/ Thursday, Yana Dance Wed / Specialty Fridays

MONDAY TO THURSDAY

8:00 - 8:25	Edge Turn/ Stroking	GOLD/ EXCEL	
8:45 - 9:45	Off Ice	GOLD/ EXCEL	
10:10 - 11:00	Free	GOLD/ EXCEL	
11:00 - 11:15	Spins - M&Thur/ Skills -Tues&W	Silver B/ GOLD/ EXCEL	
11:15 - 11:30	Dance	Star 6+	
LUNCH			Jr Leader C
12:40 - 1:00	Coach Tech (Mon/Thurs edge/turn based)	SILVER/ GOLD / EXCEL	
FLOOD			
1:15-2:00	Free	SILVER B/ GOLD	
Skates off / Snack			
2:30 - 3:00	Off Ice Jump	SILVER B/ GOLD	Jr Leader C
3:00 - 3:30	Stretch / End of Day Wrap up / Skaters	SILVER B/ GOLD	Jr Leader C
3:30	Pick up		Jr Leader C

GOLD / EXCEL

FRIDAY

9:00 - 10:00	Off ice Seminar		
10:15- 10:45	Off Ice Game		
	Warm Up on own		
11:20-12:20	ON ICE free		
12:20 - 12:40	ON ICE - SILVER/ GOLD / EXCEL Coach tech		
Flood Break			
12:50 - 1:40	ON ICE -Seminar A		
Flood if needed			
1:50 - 2:20	ON ICE -Seminar B		
2:30 - 3:00	End of week Wrap up / Skaters Circle		Jr Leader C

		Summer 2026	
EXCEL			
MONDAY TO THURSDAY			
8:00 - 8:25	Edge Turn/ Stroking	GOLD/ EXCEL	
Break Skates off			
8:45-9:45	Off Ice	GOLD/ EXCEL	
Break skates on			
10:10 - 11:00	Free	GOLD/ EXCEL	
11:00 - 11:15	Spins - M&Thur/ Skills -Tues&W	GOLD/ EXCEL	
11:15 - 11:30	Dance	Star 6+	
LUNCH 11:30 - 12:30			
12:40 - 1:00	Coach Tech	SILVER/ GOLD / EXCEL	
Skates off			
1:30 - 2:00	OFF ICE Jump	EXCEL	Jr Leader C Supervise
skates on			
2:10 - 3:20	Free	EXCEL/ Pairs Dance	
3:30 - 4:00	Stretch / End of Day Wrap up / Skaters	EXCEL	Jr Leader C
4:00	Pick Up		Jr Leader C
EXCEL / GOLD			
FRIDAY			
9:00 - 10:00	Off ice Seminar		
10:15- 10:45	Off Ice Game		
	Warm Up on own		
11:20-12:20	ON ICE free		
12:20 - 12:40	ON ICE - SILVER/ GOLD / EXCEL Coach tech		
Flood Break			
12:50 - 1:40	ON ICE -Seminar A		
Flood if needed			
1:50 - 2:20	ON ICE -Seminar B		
2:30 - 3:00	End of week Wrap up / Skaters Circle		Jr Leader C