



CHEAM SKATING CLUB

July 06, 2026 – August 13, 2026

Monday	Tuesday	Wednesday	Thursday
SSC Rink 3 - Jul 06	SSC Rink 3 - Jul 07, 28, Aug 04, 11	SSC Rink 3	SSC Rink 3 - Jul 09, 23 Aug 06
SSC Rink 2 - Jul 13 - Aug 10	SSC Rink 2 - Jul 14, 21		SSC Rink 2 - Jul 16, 30, Aug 13
Bronze <i>Off Ice</i> 7:00-7:30 <i>On Ice</i> 7:45-8:45	Bronze <i>Off Ice</i> 7:00-7:30 <i>On Ice</i> 7:45-8:45	Bronze <i>On Ice</i> 7:30-8:30 <i>Off Ice</i> 9:00-9:30	Bronze <i>Off Ice</i> 7:00-7:30 <i>On Ice</i> 7:45-8:45
Silver-Diamond 8:45-9:45	Silver-Diamond <i>On Ice</i> 8:45-9:45 <i>Off Ice</i> 10:00-10:30	Canskate Star + Jr. Academy <i>On Ice</i> 8:30-9:15 <i>Off Ice</i> 9:30-10:00	Silver-Diamond <i>On Ice</i> 8:45-9:45 <i>Off Ice</i> 10:00-10:30
Canskate Star + Jr. Academy <i>On Ice</i> 9:45-10:30 <i>Off Ice</i> 10:45-11:15	Tuesday PM SSC Rink 3	Silver-Diamond <i>Off Ice</i> 8:30-9:00 <i>On Ice</i> 9:15-10:15	
	CanSkate 3:15-4:00		
	CanSkate/ Teen & Adult Canskate 4:00-4:45	CanSkate 10:15-11:00	<i>Aug 23 off ice outside or dressing room</i>
No Skating Aug 03			

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 that follows Jr. Academy.