



CHEAM SKATING CLUB

Sept 09, 2026 – Dec 18, 2026

Monday	Wednesday	Friday
Coliseum (Primary Rink)	SSC (Rink 2)	SSC (Rink 1)
Jr. Academy <i>Off Ice</i> 4:00-4:30 <i>On Ice</i> 4:45-5:30	Jr. Academy <i>On Ice</i> 3:45-4:30 <i>Off Ice</i> 4:45-5:15	Jr. Academy <i>On Ice</i> 3:45-4:30 <i>Off Ice</i> 4:45-5:15
No Skating Oct 12	No Skating Nov 11	No Skating Oct 02, Nov 13, Dec 11

Program Information:

Skaters in Jr. Academy are required to skate 2 days per week and have the option of skating 3 days per week. Skating days are packaged as [Monday and Wednesday], [Monday and Friday], [Wednesday and Friday] and [Monday, Wednesday and Friday].

Each day of programming includes a 45 minute on ice session and a 30 minute off ice session.

Dress Code:

Skaters in Jr. Academy are required to wear form fitted clothing and have long hair tied back. Skaters may wear leggings or a skating skirt/dress and a yoga style jacket. Hoods, jeans, baggy and large bulky clothing are not permitted. Skaters are required to wear a CSA Approved Hockey Helmet.

Off Ice:

Off ice class is included as a part of the Jr. Academy program. Off ice is designed to help skaters develop strength, flexibility, agility, and skating specific skills off the ice. Skaters are required to have long hair tied back and wear proper running shoes. A rubber jump rope and water bottle are required for Jr. Academy off ice.