



CHEAM SKATING CLUB

Sept 08, 2026 – Dec 18, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Coliseum (Primary Rink)	SSC	SSC (Rink 2)	SSC (Rink 2)	SSC
Open (Bronze Pod B+) [SSC Rink 3]	SSC (Rink 1)	Open (Bronze Pod B+) [Rink 3]	Bronze (Pod B)	Open (Silver-Diamond) [Rink 3]
6:30-7:30am	Bronze (Pod A)	6:30-7:30am	On Ice	6:30-7:30am
Bronze (Pod A)	On Ice	Bronze (Pod A)	3:30-4:30	SSC (Rink 2)
Off Ice	3:15-4:15	On Ice	Off Ice	Bronze Pod A+B
4:45-5:15	Off Ice	3:45-4:30	4:45-5:15	On Ice
On Ice	4:30-5:00	Off Ice	Bronze (Pod A)	3:30-4:30
5:30-6:30	SSC (Rink 2)	4:45-5:15	On Ice	Off Ice
Bronze (Pod B)	Bronze (Pod B)	Bronze (Pod B) Development	4:00-5:00	4:45-5:15pm
On Ice	On Ice	Off Ice	Off Ice	No Skating Oct 02, Nov 13, Dec 11
5:30-6:30	3:30-4:30	5:30-6:00	5:15-5:45	
Off Ice	Off Ice	On Ice	Silver-Diamond	
6:45-7:15	5:00-5:30	6:15-7:00	On Ice	
Silver-Diamond	Synchro Skills	Silver-Diamond Development	6:00-7:00	
Off Ice	4:30-5:15	Off Ice	Off Ice	
6:00-6:30	Silver-Diamond	6:15-6:45	7:15-7:45	No Skating Oct 01, Nov 12
On Ice	On Ice	On Ice		
6:45-8:00	5:15-6:15	7:00-7:45		
No Skating Oct 12	Off Ice	No Skating Nov 11 (AM Open NOT cancelled)		
	6:30-7:00			

Modifications:**Friday September 11**

Bronze Pod A+B: On Ice: 5:30-6:30pm, Off Ice: 6:45-7:15pm

Program Information:

Skaters in the Starskate/Podium Pathway program are required to participate in a set number of sessions based in their program.

Required sessions are as follows:

Bronze: Minimum 3 sessions on 3 different days per week, recommended 4 sessions per week.

Silver: Minimum 4 sessions on 4 different days per week.

Gold/Diamond: Minimum 4 sessions per week on 4 different days per week, recommended 5 sessions per week

Sessions for ALL levels are required to be spaced throughout the week, for developmental reasons combined sessions cannot be [Monday, Tuesday, Wednesday], [Tuesday, Wednesday, Thursday], [Wednesday, Thursday, Friday] or [Thursday, Friday, Saturday]

Regular and Open Sessions:

Skaters may choose from the Open sessions and Star sessions offered for their level throughout the week to meet their number of sessions required.

All sessions EXCEPT for Open Sessions include coaching costs. You will receive private billing from your coach if your skater participates in Open Sessions. Please speak with your coach if you have questions about the Open Sessions.

Synchro Skills

Synchro skating is a team-based figure skating discipline that features a team of skaters moving seamlessly as one. Fall synchro is focused on developing a synchro program to be performed at the ice show on December 12, 2026. This program is

additional to your regular Star and Open sessions; entry requirements are **to be determined and will be shared at a later date.**

Dress Code:

Skaters in Starskate and Podium Pathway 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.

Off Ice:

Off ice class is included as a part of programming. 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 off ice.