



# CHEAM SKATING CLUB

March 30, 2026 – June 19, 2026

March 30 – June 12

Monday SSC (Rink 2)	Tuesday SSC (Rink 2)	Wednesday SSC (Rink 2)	Thursday SSC (Rink 2)	Friday SSC (Rink 2)	Saturday SSC (Rink 2)
<b>Bronze A</b> <i>On Ice</i> 3:30-4:30 <i>Off Ice</i> 5:00-5:30	<b>Open (Silver-Diamond)</b> <i>On Ice</i> 3:45-4:45 <i>Off Ice</i> 5:00-5:30	<b>Open (Bronze A+) [Rink 3]</b> 6:30-7:30am	<b>Bronze B</b> <i>On Ice</i> 3:30-4:30 <i>Off Ice</i> 4:45-5:15	<b>Bronze</b> <i>On Ice</i> 5:15-6:15 <i>Off Ice</i> 6:30-7:00	<b>Open (Bronze+)</b> 9:00-10:00am  <b>No Skating April 04</b>
		<b>Bronze (Pod A)</b> <i>Off Ice</i> 5:30-6:00 <i>On Ice</i> 6:15-7:05			
<b>Bronze B</b> <i>Off Ice</i> 5:30-6:00 <i>Off Ice</i> 6:15-7:15	<b>Bronze</b> <i>Off Ice</i> 4:30-5:00 <i>On Ice</i> 5:15-6:15	<b>Bronze (Pod B)</b> <i>On Ice</i> 6:15-7:05 <i>Off Ice</i> 7:20-7:40	<b>Bronze A (Rink 3)</b> <i>On Ice</i> 4:30-5:30 <i>Off Ice</i> 5:45-6:15	<b>Silver-Diamond</b> <i>Off Ice</i> 5:30-6:00 <i>On Ice</i> 6:15-7:15	
<b>Silver-Diamond</b> <i>Off Ice</i> 6:30-7:00 <i>On Ice</i> 7:15-8:30	<b>Synchro Skills (Bronze B+)</b> 6:15-7:15	<b>Silver-Diamond</b> <i>Off Ice</i> 6:15-6:45 <i>On Ice</i> 7:05-8:00	<b>Silver-Diamond</b> <i>Off Ice</i> 5:15-5:45 <i>On Ice</i> 6:15-7:15	<b>No Skating April 03</b>	
<b>No Skating May 18</b>			<b>No Skating April 02</b>		

**June 15 – June 19**

<b>Monday</b> SSC (Rink 2)	<b>Tuesday</b> SSC (Rink 2)	<b>Wednesday</b> SSC (Rink 2)	<b>Thursday</b> SSC (Rink 2)	<b>Friday</b> SSC (Rink 2)
<b>Bronze A</b> <i>On Ice</i> 3:30-4:30 <i>Off Ice</i> 4:45-5:15	<b>Open (Silver-Diamond)</b> <i>On Ice</i> 3:30-4:30 <i>Off Ice</i> 4:45-5:15	<b>Bronze</b> <i>On Ice</i> 3:30-4:30 <i>Off Ice</i> 4:45-5:15	<b>Bronze A</b> <i>On Ice</i> 3:30-4:30 <i>Off Ice</i> 4:45-5:15	<b>Spring Showcase</b> 4:30-7:00
<b>Bronze B</b> <i>Off Ice</i> 4:30-5:30 <i>Off Ice</i> 5:45-6:15	<b>Bronze</b> <i>Off Ice</i> 4:30-5:30 <i>Off Ice</i> 5:45-6:15	<b>Silver-Diamond</b> <i>Off Ice</i> 4:30-5:30 <i>Off Ice</i> 5:45-6:15	<b>Bronze B</b> <i>Off Ice</i> 4:30-5:30 <i>Off Ice</i> 5:45-6:15	
<b>Silver-Diamond</b> <i>On Ice</i> 5:30-6:30 <i>On Ice</i> 6:45-7:15	<b>Synchro Skills (Bronze B+)</b> 5:30-6:30		<b>Silver-Diamond</b> <i>On Ice</i> 5:30-6:30 <i>On Ice</i> 6:45-7:15	

**Modifications:**

**Monday March 30**

Bronze: Off Ice: 5:00-5:30pm, On Ice 5:45-6:45pm

Silver-Diamond: Off Ice: 6:00-6:30pm, 6:45-7:45pm

**Tuesday March 31**

Open (Silver-Diamond): Off Ice: 4:30-5:00pm, On Ice: 5:15-6:15pm

Bronze: Off Ice: 5:30-6:00pm, On Ice: 6:15-7:15pm

Synchro Skills: 7:15-8:15pm

**Thursday April 09**

Bronze A combined with Bronze B: On Ice: 3:30-4:30pm, Off Ice: 4:45-5:15pm

**Tuesday April 14**

Open (Silver-Diamond): On Ice: 4:00-4:45pm, 5:00-5:30pm. Starts 15 minutes later

Bronze and Synchro Skills **NO** modifications

**Thursday April 16**

Bronze A combined with Bronze B + **modified time**: On Ice: 4:00-4:30pm, Off Ice: 4:45-5:15pm

**Friday April 17**

Bronze: On Ice: 5:15-5:45pm, Off Ice: 6:00-6:30pm

Silver-Diamond: On Ice: 5:15-5:45pm, Off Ice: 6:00-6:30pm

### **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 (NEW)**

Synchro skating is a team-based figure skating discipline that features a team of skaters moving seamlessly as one. Spring synchro is focused on developing synchro skills with the hopes of developing a team in the Fall season. This program is additional to your regular Star and Open sessions and is for skaters in the **Bronze B-Diamond** groups.

### **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.