



SCSFSC FALL/WINTER/SPRING 2025-2026



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE
2:30-3:15		2:30-3:15		2:30-3:15		2:30-3:15		2:30-3:15		9:00-10am	
PreBronze+		PreBronze+		PreBronze +		PreBronze+		PreBronze+		OPEN	
3:15-4:00		3:15-4:00		3:15-4:00		3:15-4:00		3:15-4:00		10:00 - 11:00am	
PreBronze+		PreBronze+		PreBronze+		PreBronze+		PreBronze+		Prelim+	
4:00-4:50		4:00-4:50		4:00-4:50		4:00-4:50		4:00-4:45		11:00 - 11:50pm	
Preliminary+	4:10-4:55	Preliminary+		Preliminary+	4:10-4:55	Preliminary+		Preliminary+		OPEN	
	Strength				Strength						
	Training				Training						
RESURFACE		RESURFACE		RESURFACE		RESURFACE					
5:00-5:45		5:00-5:45		5:00-5:45		5:00-5:45		4:45-5:30			
Basic-PrePre	4:55-5:40	Basic-PrePre	4:55-5:40	Basic-PrePre	4:55-5:40	Basic-PrePre	4:55-5:40	Open	5:35-6:20		
	Strength		High Dance		Strength		High Ballet		Flexibility/		
	Training				Training				Skating skills		
5:45-6:30		5:45-6:30		5:45-6:30		5:45-6:30					
Aspire 4+		Aspire 4+	5:50-6:35	Aspire 4+		Aspire 4+	5:50-6:35				
			Low Dance				Low Ballet				