

SUMMER FIGURE SKATING 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE	ON ICE	OFF ICE
7:30 - 8:25am		7:30 - 8:25am		7:30 - 8:25am		7:30 - 8:25am		8:00 - 8:45am	
OPEN		OPEN		OPEN		OPEN		Aspire 4 +	
8:25- 9:10am		8:25- 9:10am		8:25- 9:10am		8:25- 9:10am		8:45-9:30am	
Presilver +		Presilver +		Presilver +		Presilver +		Bronze +	
RESURFACE		RESURFACE		RESURFACE		RESURFACE		RESURFACE	
9:20 -10:05am	9:15-10:00 am	9:20 -10:05am	9:15-10:00 am	9:20 -10:05am	9:15-10:00 am	9:20 -10:05am	9:15-10:00 am	9:40-10:40	
Aspire 4- Bronze	Resistance Training	Aspire 4- Bronze	High Ballet	Aspire 4- Bronze	Resistance Training	Aspire 4- Bronze	High Flexibility/strength	Basic-Aspire	
10:05-10:50	10:10-10:55	10:05-10:50	10:10-10:50 am	10:05-10:50	10:10-10:55	10:05-10:50	10:10-10:55 am	10:40-11:30	
PreSilver +	Resistance Training	PreSilver +	Low Ballet	PreSilver +	Resistance Training	PreSilver +	Flexibility/Strength	Aspire+	
RESURFACE		RESURFACE		RESURFACE		RESURFACE			
11:00- 11:45 am		11:00- 11:45 am	10:55-11:35	11:00- 11:45 am		11:00- 11:45 am			
Basic-Aspire		Basic-Aspire	Medium Ballet	Basic-Aspire		Basic-Aspire			
11:45-12:30 pm	Skating Skills/flexibility	11:45-12:30 pm		11:45-12:30 pm		11:45-12:30 pm	11:50-12:35 pm		
Aspire +	11:50-12:20	Aspire +		Aspire +		Aspire +	Low Dance		
12:30-1:00				12:30-1:00	12:35-1:05				
Training Session				Training Session	Skating skills				