

Spring 2025

Figure Skating Schedule By Program (On-Ice & Off-Ice) UPDATED Jan 29th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DANCE						7:45am-8:35am Ice
						8:45am-9:35am Ice
						9:45am-10:35am Dance
						10:45am-11:35am Dance
COMPETITIVE SINGLES	3:15pm-3:35 Strokng	3:15pm-3:35 Strokng	3:15pm-3:35 Strokng	3:15pm-3:35 Strokng	3:15pm-4:05pm Ice	
	3:35pm-4:20pm Ice	3:35pm-4:20pm Ice	3:35pm-4:20pm Ice	3:35pm-4:20pm Ice	4:15pm-5:00pm Ice	
	4:30pm-5:20pm Ice	4:30pm-5:20pm Ice	4:30pm-5:20pm Ice	4:30pm-5:20pm Ice	5:00pm-5:20pm Strokng	
	5:30pm-6:15pm Fitness	5:30pm-6:00pm TRR	5:30pm-6:00pm TRR	5:30pm-6:15pm Fitness	5:30pm-6:00pm TRR	
	6:20pm-6:50pm TRR	6:05pm-6:50pm Dance	6:05pm-6:45pm Cardio	6:20pm-6:50pm TRR	6:05pm-6:50pm Ballet/Stretch	
COMPETITIVE DEVELOPMENT SINGLES	4:40pm -5:10pm TRR	6:00pm-6:45pm Fitness	4:40pm -5:10pm TRR	5:35pm -6:20pm TRR	4:35pm Ballet/Stretch	5:35pm-6:15pm Fitness
	5:20pm-5:35pm Strokng	6:50pm-7:10pm Stretch	5:20pm-6:05pm Ice	6:30pm-6:45pm Strokng	5:30pm-6:15pm Ice	6:25pm-7:10pm Ice
	5:35pm -6:20pm Ice	7:20pm -7:35pm Strokng	6:05pm-6:20pm Strokng	6:45pm-7:30pm Ice	6:30pm-7:15pm Fitness	7:10pm-7:25pm Strokng
	6:30pm-7:15pm Fitness	7:35pm -8:20pm Ice	6:30pm -7:15pm Dance	7:40pm-8:25pm Fitness	7:25pm-8:10pm Ice	
	7:40pm-8:25pm Ice		7:40pm-8:25pm Ice		8:10pm-8:25pm Strokng	
INTRO STAR 1-5 (Under 12)	5:35pm-6:20pm TRR		5:35pm-6:20pm Dance/Stretch		4:45pm -5:15pm TRR	3:40pm-4:20pm Fitness
	6:30pm-6:45pm Strokng		6:30pm-6:45pm Strokng		5:20pm-6:05pm Ballet and Stretch	
	6:45pm-7:30pm Ice		6:45pm-7:30pm Ice		6:15pm-6:30pm Strokng	4:30pm-5:15pm Ice
	7:40pm-8:10pm Fitness		7:40pm-8:10pm TRR		6:30pm-7:15pm Ice	5:15pm-5:30pm Strokng
INTRO STAR 1-5 (Over 12)					4:25pm-5:05pm Fitness	8:00am-8:40am Fitness
					5:15pm -5:30pm Strokng	
					5:30pm-6:15pm Ice	8:50am-9:35am Ice
STAR 4-GOLD	7:45pm-8:15pm Fitness	7:25pm -8:20pm Dance	7:30pm-8:15pm	7:45pm-8:15pm TRR		
	8:25pm-9:10pm Ice	8:30pm -8:45pm Strokng	8:25pm-9:10pm Ice	8:25pm-9:10pm Ice		
	9:10pm-9:25pm Strokng	8:45pm-9:30pm Ice	9:10pm-9:25pm Strokng	9:10pm-9:25pm Strokng		
STAR 14+	8:15pm-8:45pm Fitness		8:30pm-9:15pm Dance	8:25pm-8:55pm Fitness		
	8:50pm-9:10pm TRR		9:35pm-10:20pm Ice	9:00pm-9:20pm TRR		
	9:35pm-10:20pm Ice		10:20pm-10:35pm Strokng	9:35pm-10:20pm Ice		
	10:20pm-10:35pm Strokng			10:20pm-10:35pm Strokng		
SR. ACADEMY		5:20pm -6:05pm Dance		4:40pm-5:10pm TRR		
		6:20pm-7:20pm Ice		5:20pm -6:20pm Ice		
		7:30pm-8:00pm TRR		6:30pm-7:15pm Fitness		
ADVANCED JR ACADEMY Tuesday & Saturday (9 & under)		4:35pm-5:10pm Fitness			12:55pm-1:35pm Fitness	
		5:20pm-6:10pm Ice			1:45pm-2:30pm Ice	
		6:20pm-7:05pm Ice			2:40pm-3:30pm Ice	
ADVANCED JR ACADEMY Saturday & Sunday (9& Over)					1:45pm-2:30pm Ice	8:05am-8:50am Ice
					2:40pm-3:20pm Fitness	9:00am-9:35am Fitness
					3:30pm-4:20pm Ice	9:45am -10:35am Ice
JR ACADEMY Tuesday & Saturday (9 & Under)		4:35pm -5:10pm Fitness				1:50pm-2:30pm Fitness
		5:20pm-6:10pm Ice				2:40pm-3:30pm Ice
JR ACADEMY Saturday & Sunday (9 & over)					2:40pm-3:20pm Fitness	9:00am -9:35am Fitness
					3:30pm-4:20pm Ice	9:45am-10:35am Ice

Mandatory Attire: Activewear, Hair neatly tied up if it can reach the skater's eyes, Running Shoes (Flexfit/TRR/Jump and Phys. Lit/Warm Up Classes), Ballet Shoes/Socks (Ballet/Stretch Classes) *If the skater is not wearing proper attire they maybe asked to sit out of the class.**