

2023 Summer Schedule (July 3 – July 28)

Star 5+	Star 1-4	CanSkate	Star Open/Adult	
Monday - Friday	Monday - Friday	Tuesday	Tuesday	
9:45-10:15 Competitive/Elite (30 minutes) Off - Ice		5:30-6:20 (50 minutes)	6:30-7:20 (50 minutes)	
10:30-11:20 Competitive/Elite (50 minutes) Freeskate				
11:30-12:20 (50 minutes) Break				
12:30-1:20 (50 minutes) Freeskate	12:30-1:00 (30 minutes) Off - Ice			
1:30-2:00 (30 minutes) Off - Ice	1:00-1:20 (20 minutes) Break			
2:00-2:30 (30 minutes) Break	1:30-2:30 (60 minutes) Freeskate			
2:40-3:50 (70 minutes) Group	2:40-3:50 (70 minutes) Group			
4:00-4:30 (30 minutes) Stretch	4:00-4:30 (30 minutes) Stretch			