

Spring 2026

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
								2:45 - 3:45	No School	9:45	Flood
		3:00 - 3:45	Afternoon Session			3:00 - 3:45	Afternoon Session		Friday Drop-in	10:00 - 11:00	Coaches Choreography & Pairs
		3:45 - 4:00 Flood				3:45 - 4:00 Flood		3:45 - 4:00 Flood			
4:00 - 5:00	Star 1-2 4 Sessions	4:00 - 5:00	Star 3-4 5 Sessions	4:00 - 5:00	Star 1-2 4 Sessions	4:00 - 5:00	Star 3-4 5 Sessions	4:00 - 5:00	Star 5-Gold 6 Sessions	11:00 - 11:15	Prep Time (No Flood)
5:00 - 5:45	Open Session Star 1-4	5:00 - 5:45	Star 5 - Gold 5 Sessions	5:00 - 5:45	Star 3-4 5 Sessions	5:00 - 5:45	Star 1-2 4 Sessions	5:00 - 5:45	Star 5 - Gold 5 Sessions	11:15 - 12:15	Open Session All Levels Rotating Coaches
5:45 - 6:00 Flood		5:45 - 6:00 Flood		5:45 - 6:00 Flood		5:45 - 6:00 Flood		5:45 - 6:00 Flood		12:15 - 12:30 Flood	
6:00 - 7:00	Star 5-Gold 6 Sessions	6:00 - 6:15	Prep Time	6:00 - 6:15	Prep Time	6:00 - 6:15	Prep Time	6:00 - 7:00	Star 5-Gold 6 Sessions		
7:00 - 7:30 Flood & Prep Time		6:15 - 7:15	CanSkate Pre CanSkate	6:15 - 7:15	CanSkate Pre CanSkate	6:15 - 7:15	Can & PreCan Overflow TBA				
		7:15 - 7:30 Flood		7:15 - 7:30 Flood		7:15 - 7:30 Flood		7:00 - 7:15 Flood			
7:30 - 8:15	Star 3-4 5 Sessions	7:30 - 8:15	Open Session Star 5-Gold	7:30 - 8:15	Star 5 - Gold 5 Sessions	7:30 - 8:15	Star 5-Gold 6 Sessions	7:15 - 8:15	Star 1-2 4 Sessions		
8:15 - 9:15	Star 5 - Gold 5 Sessions	8:15 - 9:15	Star 5-Gold 6 Sessions	8:15 - 9:15	Star 5-Gold 6 Sessions	8:15 - 9:15	Star 5 - Gold 5 Sessions	8:15 - 9:15	Star 3-4 5 Sessions		