

2026										By Session				
Mon	Tue	Wed	Thu	Fri	Sat	Sun	wk			Weeks 1-6 (M, T, W, R, F)		sktrs		
M	T	W	R	F	S	U				Dur	allowed			
										9:00 AM - 10:00 AM	Star 7 - Gold → Ice	1:00	20	
										10:10 AM - 10:55 AM	Star 7 - Gold -Grp A → Off-Ice	0:45	12	
										10:55 AM - 11:40 AM	Star 7 - Gold -Grp B → Off-Ice	0:45		
										11:40 AM - 12:15 PM	Star 7 - Gold - Lunch	0:35		
										12:15 PM - 1:30 PM	Star 7 - Gold (first 15 m Stroking) → Ice	1:15		
										10:00 AM - 10:50 AM	Star 1 - 2 - 3 (S1-2: 30m Group) → Ice	0:50	24	
										11:50 AM - 12:25 PM	Star 1 - 2 - 3 -Grp A → Off-Ice	0:35	14	
										12:25 PM - 1:00 PM	Star 1 - 2 - 3 -Grp B → Off-Ice	0:35		
										1:00 PM - 1:45 PM	Star 1 - 2 - 3 - Lunch	0:45		
										1:45 PM - 2:25 PM	Star 1 - 2 - 3 (10m Str {2 Coaches}, 30m Group) → Ice	0:40		
										2:25 PM - 2:45 PM	Star 2 - 3 (20m self) → Ice	0:20		
										3:50 PM - 4:00 PM	Flood	0:10		
Discounts		Exception Days												
wk	%	Jul 1, 2026		Canada Day										
4	5%	Aug 3, 2026		Civic Day						11:00 AM - 12:00 PM		Star 4 - 6 → Ice	1:00	24
5	7%	Aug 13, 2026		Test Day (Star 5 - Gold)*						12:00 PM - 1:10 PM		Star 4 - 6 - Lunch	1:10	
6	8%			Star 1-4 assessment; min of 2 weeks						1:10 PM - 1:50 PM		Star 4 - 6 -Grp A → Off-Ice	0:40	14
7	10%			*Star 5-Gold assessment; min of 4 weeks						1:50 PM - 2:30 PM		Star 4 - 6 -Grp B → Off-Ice	0:40	
										2:45 PM - 3:50 PM		Star 4 - 6 (last 15m Stroking) → Ice	1:05	
Extencicare - weeks 1 to 4 only														
Option 1: 8 am to 5 pm \$230														
Option 2: 8 am to 3 pm \$180														
										By Session				
										Week 7 (M, T, W) (Test day - Thurs)				
										10:00 AM - 11:00 AM	Star 7 - Gold - Ice	1:00		
										11:00 AM - 12:25 PM	Star 7 - Gold - Lunch	1:25		
										12:25 PM - 1:30 PM	Star 7 - Gold (first 10 m Stroking) - Ice	1:05		
										11:10 AM - 12:10 PM	Star 4 - 6 - Ice	1:00		
										12:10 PM - 1:45 PM	Star 4 - 6 - Lunch	1:35		
										1:45 PM - 2:50 PM	Star 4 - 6 (last 10m Stroking) - Ice	1:05		
										Weeks 3 (Jul 13), Week 5 (Jul 27) (M,T,W,R)				
										6:00 PM-6:50 PM	CanSkate - Ice	0:50		

