

2024-2025 STARSKATE SCHEDULE

SENIOR	INTERMEDIATE A	INTERMEDIATE B	JUNIOR
MONDAY (GTA) 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:15pm Stroking	MONDAY (GTA) 2:45-3:45pm On-ice 6:30-7:00pm Off-ice 7:15-7:30pm Stroking 7:30-8:30pm On-ice	MONDAY (GTA) 6:30-7:00pm Off-ice 7:15-7:30pm Stroking 7:30-8:30pm On-ice	MONDAY (GTA) 5:45-6:15pm Off-ice 6:30-7:15pm On-ice 7:15-7:30pm Stroking
TUESDAY (CDA) 6:30-7:30AM Stroking 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:15-6:00pm Off-ice	TUESDAY (CDA) 6:30-7:30AM Stroking 2:45-3:45pm On-ice 6:00-6:45pm Off-ice 7:00-8:00pm On-ice	TUESDAY (CDA) 6:30-7:30AM Stroking 6:00-6:45pm Off-ice 7:00-8:00pm On-ice	TUESDAY (CDA) 6:30-7:30AM Stroking 5:00-5:15pm Stroking 5:15-6:00pm On-ice 6:05-6:45pm Off-ice
WEDNESDAY (CDA) 6:30-7:30AM On-ice 2:45-3:45pm On-ice 4:00-4:45pm On-ice 4:45-5:00pm Stroking 5:15-6:00pm Off-ice	WEDNESDAY (CDA) 6:30-7:30AM On-ice 2:45-3:45pm On-ice 4:15-5:00pm Off-ice 5:15-6:15pm On-ice	WEDNESDAY (CDA) 6:30-7:30AM On-ice 4:15-5:00pm Off-ice 5:15-6:15pm On-ice	WEDNESDAY (CDA) 6:30-7:30AM On-ice
THURSDAY (CDA) 1:30-2:30pm On-ice 2:45-3:30pm On-ice 3:45-4:45pm On-ice 5:00-5:45pm Off-ice	THURSDAY (CDA) 1:30-2:30pm On-ice 2:45-3:30pm On-ice 3:45-4:45pm On-ice 5:00-5:45pm Off-ice 6:30-7:15pm On-ice 7:15-7:30pm Stroking	THURSDAY (CDA) 5:00-5:45pm Off-ice 6:30-7:15pm On-ice 7:15-7:30pm Stroking Note CanSkate 5:45-6:30pm	THURSDAY (CDA) 4:45-5:30pm On-ice 5:45-6:30pm Off-ice
FRIDAY (CDA) 6:30-7:30AM On-ice 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:30pm Stroking	FRIDAY (CDA) 6:30-7:30AM On-ice 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:30pm Stroking	FRIDAY (CDA) 6:30-7:30AM On-ice 2:45-3:45pm On-ice 4:00-5:00pm On-ice 5:00-5:30pm Stroking	FRIDAY (CDA) 6:30-7:30AM On-ice
SATURDAY (GGA) 10:45-11:45pm On-ice	SATURDAY (GGA) 10:45-11:45pm On-ice	SATURDAY (GGA) 12:00-1:00pm On-ice 1:00-1:15pm Stroking	SATURDAY (GGA) 12:00-1:00pm On-ice 1:00-1:15pm Stroking
SUNDAY (GTA) 10:30-11:00am Stroking 11:00-12:00pm On-ice 12:15-1:00pm Off-ice	SUNDAY (GTA) 10:30-11:00am Stroking 11:00-12:00pm On-ice 12:15-1:00pm Off-ice	SUNDAY (GTA) 9:15-10:00am On-ice 10:15-10:30am Spins 10:30-11:00pm Stroking 11:15-12:00pm Off-ice	SUNDAY (GTA) 9:15-10:00am On-ice 10:15-10:30am Spins 10:30-11:00pm Stroking 11:15-12:00pm Off-ice

GTA=Grand Trunk Arena / GGA=Glengarry Arena / CDA=Castle Downs Arena

Off-ice Training	Off-ice Equipment	CanSkate Times
Mondays (Fitness) Tuesdays (Dance Enrichment) Wednesdays (Off-ice Jumps) Thursdays (Fitness) Sunday (Off-ice Jumps)	*Running shoes *Water bottle *Skipping rope *Yoga mat	Mondays 5:45-6:30pm Tuesdays 6:15-7:00pm Thursdays 5:45-6:30pm Sundays 12:00-1:15pm (2 sessions)