

Winter 2024/2025

Tuesday, October 15th - March 2025

Upper Rink - Monday, Wednesday & Friday
Lower Rink - Tuesday, Thursday and Sunday

Monday	
4:00-5:00	Star 2-4
5:00-5:45	Star 8 Synchro (Star 3-7)
5:45-6:00	Flood
6:00-6:45	CanSkate
6:45-7:45	Star 5+

Friday	
4:00-5:15	Star 4+
5:15-6:15	Star 2-4

Saturday	
No Sessions	

Tuesday	
4:15-6:00	Star 2 -4
6:00-6:15	Flood
6:15-6:45	Pre-CanSkate
6:45-7:45	Adult Figure Skating

Sunday	
11:45-12:30	Jumpstart / Star 1
12:30-12:45	Synchro 1-2
12:45-1:45	Star 2-4
1:45-2:00	Flood
2:00-3:00	Star 5+
3:00-3:15	Flood
3:15-4:45	Open Synchro
4:45-5:00	Flood
5:00-6:00	Synchro Adult Sys 1
6:00-7:00	Adult Figure Skating (Group lessons)
7:00-7:45	Synchro Adult Sys 3

Wednesday	
4:00-5:45	Star 5+
5:45-6:00	Flood
6:00-6:45	CanSkate
6:45-7:45	Jumpstart / Star 1

Thursday	
4:00-6:00	Star 5+
6:00-6:15	Flood
6:15-6:45	Pre-Canskate
7:00-8:00	Star 2+ Off Ice: 1st and 3rd Thursday each month at Lions