

## Winter 2026 Semester 2

| 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 | Pre CanSkate 1<br>Pre CanSkate 2 |
|             |                                      | 3:45 - 4:00 | Flood                                   |             |                              | 3:45 - 4:00 | Flood                       | 3:45 - 4:00 | Flood                                   |               |                                  |
| 4:00 - 5:00 | Stroking<br>Star 1-2<br>U 11         | 4:00 - 5:00 | Stroking<br>Star 3-4                    | 4:00 - 5:00 | Stroking<br>Star 1-2<br>U 11 | 4:00 - 5:00 | Stroking<br>Star 3-4        | 4:00 - 5:00 | Star 5-Gold<br>6 Sessions               | 11:00 - 11:15 | Prep Time (No Flood)             |
| 5:00 - 5:45 | Star 2-4 Drop-In & Coaches Invite    | 5:00 - 5:45 | Star 5 - Gold<br>4 Sessions             | 5:00 - 5:45 | Star 3-4                     | 5:00 - 5:45 | Star 1-2<br>11 and Over     | 5:00 - 5:45 | Star 1-2<br>U 11                        | 11:15 - 12:15 | CanSkate                         |
| 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<br>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<br>6 Sessions               |               |                                  |
|             |                                      | 6:15 - 7:15 | CanSkate<br>Pre CanSkate                | 6:15 - 7:15 | CanSkate<br>Pre CanSkate     | 6:15 - 7:15 | CanSkate<br>Pre CanSkate    |             |                                         |               |                                  |
| 7:00 - 7:30 | Flood & Prep Time                    |             |                                         |             |                              |             |                             | 7:00 - 7:15 | Flood                                   |               |                                  |
|             |                                      | 7:15 - 7:30 | Flood                                   | 7:15 - 7:30 | Flood                        | 7:15 - 7:30 | Flood                       | 7:15 - 8:15 | Star 3-4                                |               |                                  |
| 7:30 - 8:15 | Star 5-Gold Drop-In & Coaches Invite | 7:30 - 8:15 | Star 5-Gold<br>6 Sessions               | 7:30 - 8:15 | Star 5 - Gold<br>4 Sessions  | 7:30 - 8:15 | Star 5-Gold<br>6 Sessions   |             | Stroking                                |               |                                  |
| 8:15 - 9:15 | Star 5 - Gold<br>4 Sessions          | 8:15 - 9:15 | Star 1-2<br>11 and Over<br><br>Stroking | 8:15 - 9:15 | Star 5-Gold<br>6 Sessions    | 8:15 - 9:15 | Star 5 - Gold<br>4 Sessions | 8:15 - 9:15 | Star 1-2<br>11 and Over<br><br>Stroking |               |                                  |