

Summer Skating 2025

STAR 3 & Above

July 7 to Aug 8, 2025



JULY 7-10	JULY 14-17	JULY 21-24	JULY 28-31
MON-WED 9 AM - 2:30 PM	MON-WED 9 AM - 2:30 PM	MON-WED 8:45 AM - 2:15 PM	MON-WED 8:45 AM - 2:15 PM
9 AM - 9:45 AM Dryland Training	9 AM - 9:45 AM Dryland Training	8:45 - 9:30 AM Dryland Training	8:45 - 9:30 AM Dryland Training
10 AM - 10:30 AM Skills, Power & Edge Class	10 AM - 10:30 AM Skills, Power & Edge Class	9:45 - 10:15 AM Skills, Power & Edge Class	9:45 - 10:15 AM Skills, Power & Edge Class
10:30 - 11:45 AM FreeSkate Session	10:30 - 11:45 AM FreeSkate Session	10:15 - 11:45 AM FreeSkate Session	10:15 - 11:45 AM FreeSkate Session
11:45 - 12:30 PM Flood/Lunch	11:45 - 12:30 PM Flood/Lunch	11:45 - 12:15 PM Flood/Lunch	11:45 - 12:15 PM Flood/Lunch
12:30 - 1:30 PM Jump & Spin Technique Class	12:30 - 1:30 PM Jump & Spin Technique Class	12:15 - 1:15 PM Jump & Spin Technique Class	12:15 - 1:15 PM Jump & Spin Technique Class
1:30 - 2:30 PM Dance Session	1:30 - 2:30 PM Dance Session	1:15 - 2:15 PM Dance Session	1:15 - 2:15 PM Dance Session
THURS 9 AM - 2:30 PM	THURS 9 AM - 2:30 PM	THURS 8:45 AM - 2:15 PM	THURS 8:45 AM - 2:15 PM
<i>Theme: Stampede</i>	<i>Theme: Beach Day</i>	<i>Theme: Christmas in July</i>	<i>Theme: Throwback Thursday</i>
9 AM - 9:45 AM Dryland Training	9 AM - 9:45 AM Dryland Training	8:45 - 9:30 AM Dryland Training	8:45 - 9:30 AM Dryland Training
10 AM - 10:30 AM Skills, Power & Edge Class	10 AM - 10:30 AM Skills, Power & Edge Class	9:45 - 10:15 AM Skills, Power & Edge Class	9:45 - 10:15 AM Skills, Power & Edge Class
10:30 - 11:45 AM FreeSkate Session	10:30 - 11:45 AM FreeSkate Session	10:15 - 11:45 AM FreeSkate Session	10:15 - 11:45 AM FreeSkate Session
11:45 - 12:30 PM Flood/Lunch	11:45 - 12:30 PM Flood/Lunch	11:45 - 12:15 PM Flood/Lunch	11:45 - 12:15 PM Flood/Lunch
12:30 - 1:30 PM Jump & Spin Technique Class	12:30 - 1:30 PM Jump & Spin Technique Class	12:15 - 1:15 PM Jump & Spin Technique Class	12:15 - 1:15 PM Jump & Spin Technique Class
1:30 - 1:45 PM Field Moves	1:30 - 1:45 PM Field Moves	1:30 - 2:15 PM Ballet	1:30 - 2:15 PM Inline Skating
2:00 - 2:30 PM Zumba	2:00 - 2:30 PM Beach Volleyball		

CLUB SPIRIT EVENTS

(PARTICIPATION OPTIONAL AT OWN EXPENSE, PARENT ATTENDANCE REQUIRED FOR YOUNGER MEMBERS)

JULY 17 - EVENING AT CALAWAY PARK | JULY 24 - PUBLIC SWIMMING AT SILVER SPRINGS POOL

AUG 5-8

STAR 3+ 9-10:30 AM

OPEN STAR 10:30 - NOON

Summer 2025

STAR 1/2 Invitational Academy

July 7 to Aug 8, 2025



JULY 7-10	JULY 14-17	JULY 21-24	JULY 28-31
MON-THURS 9 AM - 4 PM	MON-THURS 9 AM - 4 PM	MON-THURS 9 AM - 4 PM	MON-THURS 9 AM - 4 PM
9:00 - 11:15 AM Dance with Springbank Dancers (SPFAS)	9:00 - 11:15 AM Dance with Springbank Dancers (SPFAS)	9:00 - 11:15 AM Dance with Springbank Dancers (SPFAS)	9:00 - 11:15 AM Dance with Springbank Dancers (SPFAS)
11:15 - Noon Supervised Lunch / Skates On	11:15 - Noon Supervised Lunch / Skates On	11:15 - Noon Supervised Lunch / Skates On	11:15 - Noon Supervised Lunch / Skates On
Noon - 12:30 PM Skills, Power & Edge Class	Noon - 12:30 PM Skills, Power & Edge Class	Noon - 12:30 PM Skills, Power & Edge Class	Noon - 12:30 PM Skills, Power & Edge Class
12:45 - 1:30 PM Dryland Training	12:45 - 1:30 PM Dryland Training	12:45 - 1:30 PM Dryland Training	12:45 - 1:30 PM Dryland Training
1:45 - 2:30 PM Jump & Spin Technique Class	1:45 - 2:30 PM Jump & Spin Technique Class	1:45 - 2:30 PM Jump & Spin Technique Class	1:45 - 2:30 PM Jump & Spin Technique Class
2:30 - 2:45 PM Flood/Break	2:30 - 2:45 PM Flood/Break	2:30 - 2:45 PM Flood/Break	2:30 - 2:45 PM Flood/Break
2:45 - 3:30 PM FreeSkate Session	2:45 - 3:30 PM FreeSkate Session	2:45 - 3:30 PM FreeSkate Session	2:45 - 3:30 PM FreeSkate Session
3:30 - 4:00 PM Dance Skills	3:30 - 4:00 PM Dance Skills	3:30 - 4:00 PM Dance Skills	3:30 - 4:00 PM Dance Skills
THURS DRYLAND ZUMBA	*THURS DRYLAND* BEACH VOLLEYBALL	*THURS DRYLAND* BALLET	*THURS DRYLAND* INLINE SKATING
Thurs Theme: Stampede	Thurs Theme: Beach Day	Thurs Theme: Christmas in July	Thurs Theme: Throwback Thursday

CLUB SPIRIT EVENTS

(PARTICIPATION OPTIONAL AT OWN EXPENSE, PARENT ATTENDANCE REQUIRED FOR YOUNGER MEMBERS)

JULY 17 - EVENING AT CALAWAY PARK | JULY 24 - PUBLIC SWIMMING AT SILVER SPRINGS POOL

AUG 5-8

STAR 3+ 9-10:30 AM
OPEN STAR 10:30 - NOON

Summer 2025

Group STAR Invitational Academy



July 7 to July 31, 2025

JULY 7-10	JULY 14-17	JULY 21-24	JULY 28-31
MON-THURS 9 AM - 4 PM	MON-THURS 9 AM - 4 PM	MON-THURS 9 AM - 4 PM	MON-THURS 9 AM - 4 PM
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11:15 - Noon Supervised Lunch / Skates On	11:15 - Noon Supervised Lunch / Skates On	11:15 - Noon Supervised Lunch / Skates On	11:15 - Noon Supervised Lunch / Skates On
Noon - 12:30 PM Skills, Power & Edge Class	Noon - 12:30 PM Skills, Power & Edge Class	Noon - 12:30 PM Skills, Power & Edge Class	Noon - 12:30 PM Skills, Power & Edge Class
12:45 - 1:30 PM Dryland Training	12:45 - 1:30 PM Dryland Training	12:45 - 1:30 PM Dryland Training	12:45 - 1:30 PM Dryland Training
1:45 - 2:15 PM Jump & Spin Technique Class	1:45 - 2:15 PM Jump & Spin Technique Class	1:45 - 2:15 PM Jump & Spin Technique Class	1:45 - 2:15 PM Jump & Spin Technique Class
2:15 - 2:30 PM Field Move Finesse	2:15 - 2:30 PM Field Move Finesse	2:15 - 2:30 PM Field Move Finesse	2:15 - 2:30 PM Field Move Finesse
2:30 - 2:45 PM Flood/Break	2:30 - 2:45 PM Flood/Break	2:30 - 2:45 PM Flood/Break	2:30 - 2:45 PM Flood/Break
2:45 - 3:30 PM Creative Movement	2:45 - 3:30 PM Creative Movement	2:45 - 3:30 PM Creative Movement	2:45 - 3:30 PM Creative Movement
3:30 - 4:00 PM Dance Skills	3:30 - 4:00 PM Dance Skills	3:30 - 4:00 PM Dance Skills	3:30 - 4:00 PM Dance Skills
THURS DRYLAND ZUMBA	*THURS DRYLAND* BEACH VOLLEYBALL	*THURS DRYLAND* BALLET	*THURS DRYLAND* INLINE SKATING
Thurs Theme: Stampede	Thurs Theme: Beach Day	Thurs Theme: Christmas in July	Thurs Theme: Throwback Thursday
CLUB SPIRIT EVENTS <i>(PARTICIPATION OPTIONAL AT OWN EXPENSE, PARENT ATTENDANCE REQUIRED FOR YOUNGER MEMBERS)</i> JULY 17 - EVENING AT CALAWAY PARK JULY 24 - PUBLIC SWIMMING AT SILVER SPRINGS POOL			
AUG 5-8 STAR 3+ 9-10:30 AM OPEN STAR 10:30 - NOON *GROUP STAR MEMBERS WELCOME			