

Springbank FSC

2026 Summer

Skating Academy

July 6 to Aug 7, 2026



STAR 4+	STAR 1-3	Group STAR
8:15 AM to 4:00 PM	8:00 AM to 4:00 PM	8:00 AM to 4:00 PM
8:15 - 9:00 AM - Yoga (Drypad)	8:00 - 8:30 AM - Supervised Drop Off	8:00 - 8:30 AM - Supervised Drop Off
9:15 - 10:00 AM - Skills, Power, Edge	8:45 - 11:15 AM - Dance with Springbank Dancers (Drypad)	8:45 - 11:15 AM - Dance with Springbank Dancers (Drypad)
10:00 - 11:45 AM - FreeSkate	11:15 - 11:45 AM - Supervised Lunch	11:15 - 11:45 AM - Supervised Lunch
11:45 - Noon: Flood	11:45 - Noon - Skates On	11:45 - Noon - Skates On
11:45 - 12:15 PM - Lunch	Noon - 12:30 PM - Skills, Power, Edge	Noon - 12:30 PM - Skills, Power, Edge
12:15 - 12:30 PM - On Ice Warm Up	12:45 - 1:30 PM - Dryland Training (Drypad)	12:45 - 1:30 PM - Dryland Training (Drypad)
12:30 - 1:45 PM FreeSkate & Dance	1:45 - 2:30 PM - Jump & Spin Technique Class	1:45 - 2:15 PM Snack & Games (Coach Supervised)
1:45 - 2:30 PM - Jump & Spin Technique Class	2:30 - 2:45 PM - Flood & Snack Break	2:15 - 2:30 PM - Field Move Finesse
2:30 - 2:45 PM - Flood & Snack Break	2:45 - 4:00 PM - FreeSkate/Dance	2:30 - 2:45 PM - Flood & Skates On
2:45 - 4:00 PM - Dryland Jump Training (Drypad)		2:45 - 3:15 PM - Creative Movement
		3:15 - 4:00 PM - Jump, Spin and Field Move Technique

Weekly Schedule - July 6 to 9; July 13 to 16; July 20 to 23; July 27 to 30

Aug 4-7* modified schedule 9:00 AM to Noon

Daily Drop-In Available at a Surcharge | Special Dryland Guest Trainer on Thursdays for All Levels

Register Before Family Day for Early Bird Discount

Springbank FSC reserves the right to cancel any programming where registrations do not meet required minimums