

Springbank FSC

Fall 2025



MON	TUES	WED	THURS	FRI	SAT
STAR 1-3 Academy 4:00 - 4:30 PM <i>Skills, Power & Edge</i> 4:30 - 5:30 PM <i>Skating Session</i> <i>Sep 8, 2025 - June 1, 2026</i>	Group STAR 4:00 - 5:00 PM <i>On Ice Group Lesson</i> 5:15 - 6:00 PM <i>Dryland Training</i> <i>SPFAS Drypad</i> <i>Sep 9, 2025 - Dec 16, 2025</i>	PreCanSkate CanSkate 3:45 - 4:30 PM <i>Sep 17, 2025 - Dec 17, 2025</i>	OPEN STAR 4:00 - 4:30 PM <i>Skills, Power & Edge</i> 4:30 - 5:30 PM <i>Skating Session</i> <i>Sep 11, 2025 - June 4, 2026</i>	STAR 1-3 & STAR 4+ 2:30 - 3:30 PM <i>Skills, Power & Edge</i> <i>Sep 12, 2025 - June 6, 2026</i>	PreCanSkate Parent & Tot CanSkate LTFS 9:15 - 10:00 AM <i>Sep 13, 2025 - Dec 13, 2025</i>
PreCanSkate CanSkate LTFS 5:30 - 6:15 PM <i>Sep 15, 2025 - Dec 15, 2025</i>	STAR 1-3 Academy 4:00 -5:00 PM <i>Skating Session</i> 5:15 - 6:00 PM <i>Dryland Training</i> <i>SPFAS Drypad</i> <i>Sep 9, 2025 - June 2, 2026</i>	Group STAR 4:30 - 5:30 PM <i>On Ice Group Lesson</i> 5:45 - 6:30 PM <i>Dance with</i> <i>Springbank Dancers</i> <i>SPFAS Drypad</i> <i>Sep 10, 2025 - Dec 17, 2025</i>	PreCanSkate CanSkate LTFS 5:30 - 6:15 PM <i>Sep 18, 2025 - Dec 4, 2025</i>	STAR 1-3 Academy 3:45 - 4:30 PM <i>Dance with</i> <i>Springbank Dancers</i> <i>SPFAS Drypad</i> 4:45 - 5:45 PM <i>Skating Session</i> <i>Sep 12, 2025 - June 5, 2026</i>	TEEN SKATE 10:00 - 11:00 AM <i>On Ice Group Lesson</i> <i>Sep 13, 2025 - Dec 13, 2025</i>
STAR 4+ 6:30 - 7:00 PM <i>Skills, Power & Edge</i> 7:00 - 8:00 PM <i>Skating Session</i> <i>Sep 8, 2025 - June 1, 2026</i>	TEEN STAR 4:30 - 5:30 PM <i>On Ice Group Lesson</i> <i>Sep 9, 2025 - June 2, 2026</i>	STAR 1-3 Academy 4:30 - 5:30 PM <i>Skating Session</i> 5:45 - 6:30 PM <i>Dance with</i> <i>Springbank Dancers</i> <i>SPFAS Drypad</i> <i>Sep 10, 2025 - June 3, 2026</i>	STAR 3+ Dryland Training 6:30 - 7:30 PM <i>Jump Technique & Strength Training</i> <i>Sep 11, 2025 - June 4, 2026</i>	STAR 4+ 3:45 - 4:45 PM <i>Skating Session</i> 5:00 - 5:45 PM <i>Dance with</i> <i>Springbank Dancers</i> <i>SPFAS Drypad</i> <i>Sep 12, 2025 - June 5, 2026</i>	STAR 1-3 Academy 10:00 - 11:00 AM <i>Skating Session</i> <i>Sep 13, 2025 - June 7, 2026</i>
	OPEN STAR 4:00 - 5:00 PM Ice Time Only <i>Sep 9, 2025 - June 2, 2026</i>	STAR 4+ 4:30 - 5:15 PM <i>Dance with</i> <i>Springbank Dancers</i> <i>SPFAS Drypad</i> 5:30 - 7:00 PM <i>Skating Session</i> <i>*Flood at 6:15 PM*</i> <i>Sep 10, 2025 - June 3, 2026</i>		OPEN STAR 4:45 - 5:45 PM Ice Time Only <i>Sep 12, 2025 - June 5, 2026</i>	STAR 4+ 11:00 AM - Noon <i>Skating Session</i> 12:15 - 1:15 PM <i>Dryland Yoga</i> <i>SPFAS Drypad</i> <i>Sep 13, 2025 - June 7, 2026</i>
	STAR 4+ 5:00 - 6:00 PM <i>Skating Session</i> 6:00 - 6:15 PM <i>Skills, Power & Edge</i> 6:30 - 7:15 PM <i>Dryland Training</i> <i>SPFAS Drypad</i> <i>Sep 9, 2025 - June 2, 2026</i>	POWERSKATING U9 - U15 7:00 - 7:45 PM <i>Sep 10, 2025 - Dec 17, 2025</i>			

IMPORTANT DATES

No Skating Sep 30 National Truth & Reconciliation Day	No Skating Oct 11 - 13 Thanksgiving	No Skating Nov 11 Remembrance Day	No Skating Dec 22 - Jan 3 Winter Break	No Skating Apr 3 - Apr 6 Easter	No Skating May 18 Victoria Day
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CLUB EVENTS

	Dec 11 STARSkate Holiday Ice Show 5:00 - 6:15 PM	Dec 18 Family Holiday Skate 5:30 - 6:15 PM	Apr 12 Club Competition 9:00 AM - 4:00 PM		
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