



July 6 – August 14

Greenfoot Energy Centre

(July 29–31 sessions will be held at RBC Centre, Dartmouth)

No Skating: Monday, August 3

Summer Camp 2026

BRONZE ACADEMY STAR 1-3

2 DAY

Tuesday/
Thursday

3 DAY

Mon /
Wed / Fri

5 DAY

Monday
to Friday

Skate Canada - Learn to Train

Working on STAR 1-3

- 75-100% group / coach-directed training time
- Focus on developing strong skating fundamentals
- Introduction to free skate, skills, dance, edges, turns, and spins
- Designed to help skaters build confidence, independence, and training habits within a structured environment

Monday–Thursday SCHEDULE

Drop Off: 7:45 AM First Class: 8:00 AM

Pick Up: 1:00 PM

Daily Schedule

- 7:45 – 8:00 AM → Arrival
- 8:00 – 8:30 AM → Off Ice Warm Up / Jump
- 8:45 – 9:00 AM → On Ice Edge / Turn / Stroking
- 9:00 – 9:45 AM → On Ice Free Skate
- 9:45 – 10:00 AM → On Ice Dance
- 10:15 – 11:00 AM → Off Ice
- Lunch / Skates on
- 11:40 – 11:55 AM → On Ice Skills
- 11:55 AM – 12:05 PM → On Ice Spins
- 12:05 – 12:40 PM → On Ice Free Skate
- 12:40 – 1:00 PM → Cool Down / Skates Off

FRIDAY SCHEDULE

Drop Off: 7:45 AM First Class: 8:00 AM

Pick Up: 12:00 PM

- 8:00 – 8:45 AM → Off Ice
- 9:00 – 10:00 AM → On Ice
- 10:15 – 11:00 AM → Off Ice Seminar
- 11:15 AM – 12:00 PM → Off Ice Games / Craft

WHAT TO EXPECT

- On-ice skill development
- Off-ice fitness and activities
- Learn new skating skills
- Fun games and team building
- Creative crafts and projects
- Exciting weekly themes
- Opportunities to build confidence and friendships

WHAT TO BRING EVERY DAY

On-Ice Essentials

- Figure skates
- Gloves or mittens
- Skate guards / skate wipe
- Layers to Stay Warm
- Warm jacket
- Fleece or sweater
- Warm leggings or pants
- Thin base layer

Off-Ice Equipment

- Running shoes
- Athletic clothing
- Skipping rope and Yoga Mat
- Water bottle

Food & Snacks

- Healthy lunch
- Plenty of water

Extras to Be Prepared

- Multiple pairs of gloves or mittens
- Hair ties
- Sunscreen
- Small backpack
- Theme week items



Focused on learning, growing, and having fun. We can't wait to see you on the ice!