



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

**GOLD
STAR 5+**

2 DAY

Tuesday/
Thursday

3 DAY

Mon /
Wed / Fri

5 DAY

Monday
to Friday

Skate Canada – Learn to Compete

- Passed a minimum of two STAR 5 assessments
- Gold is the exit stage from the STAR 5 program
- Approximately 25% group training time
- Increased focus on independence, consistency, and performance quality
- Designed to support skaters preparing for higher STARSkate levels and competitive opportunities

MONDAY-THURSDAY SCHEDULE

Drop Off: 7:45 AM First Class: 8:00 AM
Pick Up: 3:30 PM

Daily Schedule

- 8:00 – 8:25 AM → On Ice Edge / Turn / Stroking
 - 8:45 – 9:45 AM → Off Ice
 - 10:10 – 11:00 AM → On Ice Free Skate
 - 11:00 – 11:15 AM → On Ice Spins /Skills
 - 11:15 – 11:30 AM → On Ice Dance
 - 11:30 AM – 12:40 PM → Lunch
 - 12:40 – 1:00 PM → On Ice Coach Tech
 - 1:00 – 1:15 PM → Flood
 - 1:15 – 2:00 PM → On Ice Free Skate
 - 2:00 – 2:30 PM → Skates Off / Snack
 - 2:30 – 3:00 PM → Off Ice Jump
 - 3:00 – 3:30 PM → Off Ice Cool Down / Stretch
- 2:10-3:20 *Optional Pair / Dance Add-On*

FRIDAY, JULY 31 - RBC CENTRE

Summer Performance Day

Schedule to be determined
A fun day filled with performance opportunities, club-style events, and special activities on and off the ice. Skaters may perform solos and participate in a variety of skating activities.
All registered skaters will be included!

FRIDAY SCHEDULE

Drop Off: 8:50 AM First Class: 9:00 AM
Pick Up: 3:00 PM

- 8:00 – 9:00 → *Optional Ticket Ice*
- 9:00 – 10:00 AM → Off Ice Seminar
- 10:15 – 10:45 AM → Off Ice Games / Activities
- 10:45 – 11:20 AM → Warm Up On Own
- 11:20 AM – 12:20 PM → On Ice Session
- 12:20 – 12:40 PM → On Ice Coach Tech
- 12:40 – 12:50 PM → Flood
- 12:50 – 1:40 PM → On Ice Seminar
- 2:00 – 2:30 PM → Off Ice Jumps
- 2:30 – 3:00 PM → Off Ice Cool Down / Stretch

Training Environment - GOLD

Gold Academy is designed for skaters training in a more advanced and independent environment with increased expectations for focus, consistency, and responsibility. There is a stronger emphasis on performance quality, training habits, and competitive readiness.

Skaters are encouraged to continue developing:

- Strong work ethic and accountability
- Consistency and focus during training
- Goal setting and independence
- Performance quality and presentation
- Time management and preparation skills
- Applying feedback and corrections independently

The Gold environment is designed to support long-term athlete development within a positive and challenging atmosphere.



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