



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

SILVER ACADEMY A

STAR 3-5

1/2 DAY PROGRAM

2 DAY

Tuesday/
Thursday

3 DAY

Mon /
Wed / Fri

5 DAY

Monday
to Friday

Skate Canada – Learn to Train

- Passed a minimum of two STAR 2 assessments
- Working on STAR 3-5
- 50-75% group / coach-directed training time
- Continued development of free skate, skills, dance, edges, turns, and spins
- Focus on building stronger independence, training habits, and technical consistency within a structured training environment

MONDAY-THURSDAY SCHEDULE

Drop Off: 8:00 AM

First Class: 8:25 AM

Pick Up: 1:30 PM

Daily Schedule

- 8:00 – 8:25 AM → Arrival / Warm Up / Skates On
- 8:25 – 8:45 AM → On Ice Edge / Turn / Stroking
- 8:45 – 9:00 AM → Break
- 9:00 – 9:45 AM → On Ice Free Skate
- 9:45 – 10:00 AM → On Ice Dance
- 10:15 – 11:00 AM → Off Ice
- 11:00 – 11:40 AM → 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 → On Ice Coach Tech
- 1:00 – 1:30 PM → Cool Down / Skates Off

FRIDAY SCHEDULE

Drop Off: 7:45AM

First Class: 8:00 AM

Pick Up: 12:40 PM

- 8:00 – 8:45 AM → Off Ice Warm Up / Jump
- 8:00 – 9:00 AM → *Optional Ticket Ice*
- 9:00 – 9:30 AM → Off Ice Games / Craft
- 10:10 – 11:10 AM → On Ice Silver
- 11:15 AM – 12:00 PM → Off Ice Seminar
- 12:20 – 12:40 PM → On Ice Coach Tech

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



HALIFAX SKATING CLUB



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