



**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 B

**STAR 4-5**  
**FULL 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 3 assessments
- Working on STAR 4–5 (Star 3 at Coach / Directors Approval)
- 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: 3:30 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 (Star 1-5)
- 10:00 – 10:15 AM → Skates Off
- 10:15 – 11:00 AM → Off Ice
- 11:15 – 11:30 AM → On Ice Dance (Star 6+)
- 11:00 AM – 11:40 AM → Lunch Break / 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 – 1:15 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 → Cool Down / Stretch

## 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: 7:45 AM First Class: 8:00 AM

Pick Up: 3:00 PM

- 8:00 – 8:45 AM → Off Ice Warm Up / Jump
- 8:00 - 9:00 → *Optional Ticket Ice*
- 9:00 – 9:30 AM → Off Ice Games / Craft
- 10:10 – 11:10 AM → On Ice Silver Session
- 11:15 AM – 12:00 PM → Off Ice Seminar
- 12:20 – 12:40 PM → On Ice Coach Tech
- 12:40 – 1:40 PM → Lunch / Break
- 1:40 – 2:20 PM → On Ice Silver Seminar
- 2:30 – 3:00 PM → Off Ice Cool Down / Stretch

## Training Environment - SILVER

Silver Academy is designed for skaters transitioning into a more independent training environment while still benefiting from structured instruction and coach guidance. As skaters progress through this level, there is increased focus on developing the habits and responsibility needed for long-term success in the sport. Skaters are encouraged to begin taking greater ownership of:

- Warm ups and preparation for sessions
- Practice habits and focus during training
- Goal setting and personal progress
- Equipment care and organization
- Time management at the rink
- Listening skills and applying corrections

The Silver environment continues to provide structure and support while helping skaters build confidence, responsibility, and stronger training habits within a positive atmosphere.



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