



**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!*



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# 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

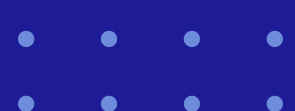
- Running shoes
- Athletic clothing
- Skipping rope and Yoga Mat
- Water bottle

#### 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!*



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# 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 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.

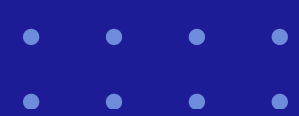
### FRIDAY, JULY 31 - RBC CENTRE

## Summer Performance Day

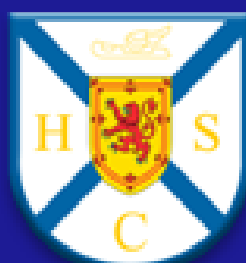
Schedule to be determined

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!



HALIFAX



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**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 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.

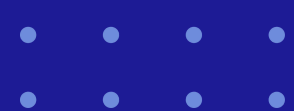
**FRIDAY, JULY 31 - RBC CENTRE**

**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!



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# EXCEL JUVENILE+ PODIUM PATHWAY

**2 DAY**  
Tuesday/  
Thursday

**3 DAY**  
Mon /  
Wed / Fri

**5 DAY**  
Monday  
to Friday

## Skate Canada – Train to Compete

- Designed to support skaters preparing for higher-level Podium Pathway competitive opportunities
- Approximately 25% group training time
- Increased focus on independence, consistency, and performance quality
- Emphasis on long-term athlete development and competitive readiness

## MONDAY–THURSDAY SCHEDULE

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

**Pick Up: 4:00 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 Star 6+

11:30 AM – 12:40 PM → Lunch

12:40 – 1:00 PM → On Ice Coach Tech

1:15 – 2:00 PM → *Optional Silver / Gold Free Skate*  
(Space permitting)

1:30 – 2:00 PM → Off Ice Jump on your own

2:10 – 3:20 PM → On Ice Free Skate

3:30 – 4:00 PM → Off Ice Cool Down / Stretch

## 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 – EXCEL

Excel Academy is designed for skaters working toward high-level competitive opportunities, including provincial and national-level events. Skaters have increased expectations for commitment, consistency, and personal responsibility.

Skaters are encouraged to continue developing:

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

The Excel environment is designed to support long-term competitive athlete development within a positive, focused, and challenging atmosphere.

## Summer Performance Day

**FRIDAY, JULY 31 - RBC CENTRE**

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!



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