

JR/PRE ACADEMY

SUMMER SESSIONS

LEARN NEW SKILLS • ADVANCE YOUR
FIGURE SKATING SKILLS • HAVE FUN!



**JULY 6 -
AUG 14**



**GREENFOOT
ENERGY CENTRE**

(EXCEPT JULY 29-30-31
AT RBC CENTRE,
DARTMOUTH)



**NO SKATING
MONDAY,
AUGUST 3**



**JR/PRE ACADEMY
MONDAY TO FRIDAY**

CHOOSE YOUR SCHEDULE:

5 DAYS/WEEK: MONDAY TO FRIDAY

3 DAYS/WEEK: MON/WED/FRI OR TUE/THUR

2 DAYS/WEEK: TUE/THUR

A WELL-ROUNDED PROGRAM INCLUDING:



ON-ICE CLASSES

Skating skills,
technique,
edge work
& more!



OFF-ICE CLASSES

Strength, flexibility,
coordination &
conditioning



GAMES, CRAFTS & ACTIVITIES

Creative, fun &
engaging!



THEME WEEKS

Exciting weekly
themes & special
surprises!



SKILLS, FRIENDS & MEMORIES

Build confidence,
make friends &
create memories!

DAILY SCHEDULE



**DROP OFF
7:45 AM**

Please arrive a few
minutes early to get
ready for the day!



**FIRST CLASS
8:00 AM**

Sessions include a mix of
on-ice & off-ice classes,
games, crafts & more!



**ON-ICE & OFF-ICE
SESSIONS ALL MORNING**

Skill development,
activities, games
& fun!



**PICK UP
MON - THURS: 12:30 PM
FRIDAY: 12:00 - 12:30 PM**

Please be on time.
Thank you!

WHAT TO EXPECT

- ✓ On-ice skill development
- ✓ Off-ice fitness & activities
- ✓ Fun games & team building
- ✓ Creative crafts & projects
- ✓ Exciting theme weeks
- ✓ Learn new skills & advance your figure skating skills
- ✓ Build confidence, make friends & create lasting memories

WHAT TO BRING EVERY DAY



ON-ICE ESSENTIALS

- ✓ Figure skates (sharpened)
- ✓ Helmet (CSA approved)
- ✓ Gloves (multiple pairs)
- ✓ Skate guards (soakers)
- ✓ Water bottle



OFF-ICE EQUIPMENT

- ✓ Running shoes
- ✓ Athletic clothing (for movement)
- ✓ Skipping rope
- ✓ Water bottle



LAYERS TO STAY WARM ON ICE

- ✓ Warm jacket
- ✓ Fleece or sweater
- ✓ Warm leggings or pants
- ✓ Leg warmers
- ✓ Thin base layer (optional)



HEALTHY FOOD & SNACKS

- ✓ Healthy lunch
- ✓ Nut-free snacks (please)
- ✓ Plenty of water
- ✓ Sunscreen



EXTRAS TO BE PREPARED

- ✓ Multiple pairs of gloves or mittens
- ✓ Thick socks
- ✓ Hair ties
- ✓ Lip balm
- ✓ Sunscreen (for off-ice time)
- ✓ Small backpack

★ AN ACTIVE, FUN PROGRAM DESIGNED TO HELP SKATERS
LEARN NEW SKILLS, ADVANCE THEIR SKATING & GROW ALL SUMMER LONG! ★