

**Week 5—Glow and Neon Week**  
**July 28-30, 2025**

# THE WEEKLY SPIN

(HIGHLIGHTS & THE WEEK AHEAD)



## Summer Skating Camp—2025

**Greenfoot Energy Centre** (formerly HRM 4-Pad / BMO) 61 Gary Martin Dr, Bedford

### Week 5: Glow & Neon Week

#### NOTE—WEDNESDAY SCHEDULE CHANGE

Lets light it up! This week is all about confidence, colour, and celebrating how far our skaters have come.

We'll be building a **Glow-Up Wall**—a space for skaters to share something they've improved on, whether it's from this summer or even the past year. It could be a new jump, stronger basics, more consistency, or just showing up with a better attitude. Whatever their glow-up is, we're excited to see it.

*Bonus points for a fun "then and now" photo or video to go with it!*

#### Want to earn the Neon Week Badge?

Here's what it takes:

- Add a meaningful glow-up moment to the **Glow-Up Wall**—make it personal, not just a quick note
- Go all in for **Neon Day**—dress bold and bright
- Show **effort and enthusiasm** in our theme activities, and support your fellow skaters in their glow-up moments

**Important – Wednesday Schedule Change**—Please make sure to read the full newsletter carefully. Pick-up times and locations are different on Wednesday, July 30 for both Foundations and Excel groups.

On-time pick-up is important—supervision is limited after hours.

### No Skating Thursday, Friday, or Holiday Monday

There will be no skating sessions on Thursday, Friday, or on the Holiday Monday (August 4).

Enjoy the extra-long weekend—we hope your family gets a chance to rest, recharge, and have some summer fun.

### Upcoming Theme Weeks

WEEK 5	JULY 28-30	GLOW AND NEON WEEK
WEEK 6	AUG 5-8	LEADERSHIP AND LEGACY
WEEK 7	AUG 11-15	MISSION IMPOSSIBLE



**Foundations / Junior Academy**  
**LEXIE**

**Excel Group**  
**STELLA**

From clean jumps to confident choreography and solid basics, the effort stood out this week—even with a smaller list. We're proud of everyone who made it onto the WOW Board.

All names were entered into our weekly draw, and *Lexie and Stella* were our lucky winners! They each received a Winners gift card and their official WOW Badge—congrats to both!

**Looking ahead:** WOW Boards for Weeks 5 and 6 will be combined for one extra special prize draw—so now's the time to push yourself just a little harder, both on and off the ice.

We're nearing the end of summer. Have you hit the goals you set back in Week 1? There's still time to make it count. Let's finish strong.

## Ice Schedule Changes – Week of July 29- July 30

**Monday and Tuesday:** Regular schedule

**Wednesday, July 30:** Adjusted schedule for both Foundations and Excel groups

### Wednesday – July 30

Location Reminder: **Pick-up** and afternoon off-ice activities will take place at **Hammonds Plains Community Centre (CPA High School building)**

### FOUNDATIONS GROUP – Wednesday, July 30

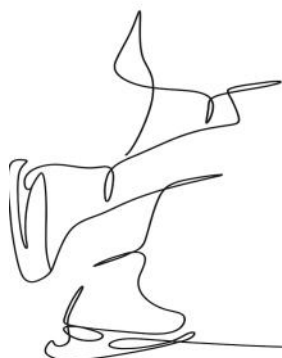
- **8:00–9:00 AM** – On Ice (arrive early enough to be ready and be on the ice for 8:00)
- **9:15–10:15** – Classroom Session
- **10:30–11:10** – On Ice
- **11:30–12:30** – Dance with Yana (at Community Centre)
- **12:30 PM** – Pick-Up (Community Centre)

*Please be on time—staff coverage is limited after this time.*

### EXCEL GROUP – Wednesday, July 30

- **9:00–10:30** – On Ice (arrive early enough to complete your off-ice warm-up)
- **11:20 AM–12:20** – On Ice
- **12:45–1:45** – Dance with Yana (at Community Centre)
- **2:00–3:00** – Classroom Session (at Community Centre)
- **3:00** – Pick-Up (Community Centre)

*Please be on time—staff coverage is limited after this time.*



### **Morning Excel Ice (Extra Free Ice)**

**Only on Monday and Tuesday this week**

- Open to skaters competing at STAR 6+, or lower levels with coach approval

### **Monday / Tuesday** **Glow Up Wall**

The Glow-Up Wall is a space where skaters can reflect and proudly share how far they've come. It could be something they've improved this summer or over last period of time, a moment of confidence, new skill, or even a shift in their mindset. Big or small—every glow-up matters.

We're asking skaters to go beyond a quick note. **Take a minute to think about what really changed**—what felt hard at first, how you grew, or what you're most proud of. If your skater prefers not to post publicly, no problem—they can speak with their coach instead.

☒ *If they share privately with a coach, we ask that they still post a small note on the wall (just write "Shared with my coach") so we know they've completed the task and can get credit toward the weekly badge and prize draw.*

**Bonus: If you have a fun "then vs. now" photo or video to go with it—even better!**

### **Wednesday** **Neon / Bright Day**

It's time to turn up the colour!

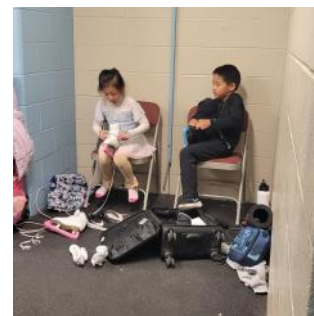
Skaters are encouraged to wear their brightest neon outfits—think highlighters, glow sticks, and bold accessories.

### **Wednesday** **Specialty Classes**

*(In place of Friday's specialty classes)*

Due to changes in Wednesday's ice schedule, each group will have a **specialty classroom session** with our coaching team. Topics to be covered—

- **Planned Program Sheets** – How to fill them out properly and why they matter. Skaters are expected to take ownership and learn how to complete their own.
- **"What If" Scenarios** – What to do if your music stops, you miss your warm-up, or nerves kick in. We'll walk through common challenges that can come up during competitions and assessments.  
This is a great opportunity for skaters to feel more prepared and confident heading into the next phase of the season.



### **Week 4 Recap – Skate Around the World Week**

What a week! Skaters earned their Traveller's Badge by completing our *Around the World* bingo challenge—checking off everything from trivia to theme day fun.

Anything But a Water Bottle Day brought out some wildly creative drink containers, and Jersey Day showed off team pride—especially from the Blue Jays fans (hard not to cheer when they're having a great season!).

Yana had everyone dancing up a storm, celebrating dance styles from around the globe. On the ice, we skated to music inspired by K-Pop, Brazil, Japan, Italy, and even a little Paris café flair—a full world tour in playlist form.

Off the ice, we played mini golf, answered global trivia questions, and celebrated every little effort along the way.

We even marked a few birthdays and one very exciting lost tooth—smiles all around!

Shoutout to the Excel group for powering through their Friday cardio, and to our youngest skaters for completing their first simulation of the summer with focus and fun.

Thanks to everyone who brought the energy and spirit. Next up: Glow & Neon Week—get ready to shine!

