

# SASC Fall 2025 Schedule

## September 2025- December 2025

Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	Sunday
ICE	DRYLAND	ICE	DRYLAND	ICE	DRYLAND	ICE	DRYLAND	ICE	ICE	ICE
Comp. 1:30-2:30pm		Comp. 1:30-2:30pm		Comp. 1:30-2:30pm		Comp. 1:30-2:30pm		Comp. 1:30-2:30pm	Canskate 10:00-10:45am	Canskate 3:45-4:30pm
Flood 2:30pm		Flood 2:30pm		Flood 2:30pm		Flood 2:30pm		Flood 2:30pm	Canskate 10:45-11:30am	Flood 4:30pm
Comp. OPEN 2:45-3:30pm		Comp. 2:45-3:30pm		Comp. 2:45-3:30pm		Comp. OPEN 2:45-3:30pm		Comp. 2:45-3:30pm	Flood 11:30am	OPEN ALL LEVELS 4:45-5:45pm
D/SS 3:30-4:00pm		Spins 3:30-3:45pm		Stroking 3:30-4:00pm		D/SS 3:30-4:00pm		Stroking/Club Development 3:30-4:00pm	Star 1 Group Figure Skating 11:45-12:45pm	Flood 5:45pm
Flood 4:00pm		Flood 3:45pm		Flood 4:00pm		Flood 4:00pm		Flood 4:00pm		Power U9/U11 6:00-6:45pm
Int/Sr OPEN 4:15-5:00pm	Comp Dryland 4:15-5:00pm	Int/Sr 4:00-4:45pm	Comp Dryland 4:00-4:45pm	Int/Sr 4:15-5:00pm	Comp Dryland 4:15-5:00pm	Int/Sr OPEN 4:15-5:00pm	Comp Dryland 4:15-5:15pm	Int/Sr 4:15-5:00pm	Flood 12:45pm	Adult Group 6:45-7:30pm
D/SS. 5:00-5:15pm		Stroking 4:45-5:00pm		Spins 5:00-5:15pm		D/SS 5:00-5:15pm	Jr Dryland 4:30-5:15pm	Stroking/Club Development 5:00-5:30pm	OPEN ALL LEVELS 1:00-2:00pm	END 7:30pm
Flood 5:15pm		Flood 5:00pm				Flood 5:15pm				
Junior 5:30-6:15pm	Int/Sr Dryland 5:30-6:15pm	Canskate 5:15-6:00pm	Int/Sr Dryland 5:15-5:45pm	Junior OPEN 5:15-6:00pm	Int/Sr Dryland 5:30-6:00pm	Junior OPEN 5:30-6:15pm	Int/Sr Dryland 5:30-6:30pm	Junior OPEN 5:30-6:15pm	END 2:00pm	
				Flood 6:00pm						
Stroking 6:15-6:45pm		Canskate 6:00-6:45pm		Canskate 6:15-7:00pm	Jr Dryland 6:15-6:45pm	Stroking/Club Development 6:15-6:45pm		END 6:15pm		
Flood 6:45pm						Flood 6:45pm				
Power U9/U11 7:00-7:45pm	Jr Dryland 7:00-7:45pm	END 6:45pm		Star 1 Group Figure Skating 7:00-8:00pm		OPEN ALL LEVELS 7:00-7:45pm				
						Stroking 7:45-8:00pm				
Power U11/U13 7:45-8:30pm				END 8:00pm		END 8:00pm				
END 8:30pm										

## SASC Academy Dryland Schedule

Instructor & Class Type

Monday	Tuesday	Wednesday	Thursday
<b>Troy Murray- (Coach Led)</b> <i>Sport Specific Jump Technique</i>	<b>Track 3- (Jay)</b> <i>STRENGTH</i>	<b>Track 3- (Jay)</b> <i>CONDITIONING</i>	<b>Troy Murray- (Elise)</b> <i>BALLET</i>
<b>Troy Murray- (Coach Led)</b> <i>Sport Specific Jump Technique &amp; Stretch</i>	<b>Troy Murray- (Coach Led)</b> <i>Sport Specific Jump Technique</i>	<b>Fitness Studio- (Dounia)</b> <i>STRENGTH/CORE</i>	<b>Track 4- (Sam)</b> <i>FULL BODY CIRCUIT</i>
<b>Troy Murray- (Coach Led)</b> <i>Sport Specific Jump Technique &amp; Stretch</i>		<b>Troy Murray- (Coach Led)</b> <i>Sport Specific Jump Technique</i>	<b>Troy Murray (Elise)</b> <i>BALLET</i>