

SASC Summer Schedule 2025

Troy Murray Arena (July 2-July 11)

Monday		Tuesday		Wednesday		Thursday		Friday
ICE	DRYLAND	ICE	DRYLAND	ICE	DRYLAND	ICE	DRYLAND	ICE
	Comp Warm-up 10:45-11:15am		Comp Warm-up 10:45-11:15am		Comp Warm-up 10:45-11:15am		Comp Warm-up 10:45-11:15am	
Comp 11:30-12:15pm		Comp 11:30-12:15pm		Comp 11:30-12:15pm		Comp 11:30-12:15pm		Comp 11:30-12:15pm Spin 12:15-12:30pm
Flood 12:15		Flood 12:15		Flood 12:15		Flood 12:15		Flood 12:30
Comp 12:30-1:15pm		Comp 12:30-1:15pm		Comp 12:30-1:15pm		Comp 12:30-1:15pm		Comp Group/Development 12:45-1:30pm
Int/Sr Dryland 1:00-1:45pm		Int/Sr Dryland 12:45-1:45pm		Int/Sr Dryland 12:45-1:45pm		Int/Sr Dryland 1:00-1:45pm		
D/SS 1:15-1:45pm		Stroking 1:15-1:45pm		D/SS 1:15-1:45pm		Stroking 1:15-1:45pm		Flood 1:30
Flood 1:45		Flood 1:45		Flood 1:45		Flood 1:45		
Int/Sr 2:00-2:45pm	Comp Dryland 2:00-2:45pm	Int/Sr 2:00-2:45pm	Comp Dryland 2:00-3:00pm	Int/Sr 2:00-2:45pm	Comp Dryland 2:00-3:00pm	Int/Sr 2:00-2:45pm	Comp Dryland 2:00-2:45pm	Int/Sr 1:45-2:30pm Spin 2:30-2:45pm
Flood 2:45		Flood 2:45		Flood 2:45		Flood 2:45		Flood 2:45
Int/Sr/Jr 3:00-3:45pm		Int/Sr/Jr 3:00-3:45pm		Int/Sr/Jr 3:00-3:45pm		Int/Sr/Jr 3:00-3:45pm		Int/Sr Group/Development 3:00-3:45pm
D/SS 3:45-4:15pm		Stroking 3:45-4:15pm		D/SS 3:45-4:15pm		Stroking 3:45-4:15pm		END 3:45
END 4:15		END 4:15		END 4:15		END 4:15		
	Int/Sr/Jr Dryland 4:30-5:00pm		Int/Sr/Jr Dryland 4:30-5:00pm		Int/Sr/Jr Dryland 4:30-5:00pm		Int/Sr/Jr Dryland 4:30-5:00pm	

DRYLAND Schedule

TROY MURRAY ARENA & SERVUS PLACE

Weeks 1-2 (July 2-11)

LEGEND

COMP

INTR/SR only

INTR/SR/JR

Monday	Tuesday	Wednesday	Thursday
<i>Coach Led (Warm Up Area)</i> <i>Sport Specific Jump Technique</i>	<i>Coach Led (Warm Up Area)</i> <i>Sport Specific Jump Technique</i>	<i>Coach Led (Warm Up Area)</i> <i>Sport Specific Jump Technique</i>	<i>Coach Led (Warm Up Area)</i> <i>Sport Specific Jump Technique</i>
<i>Elise (Troy Murray)</i> <i>Dance</i>	<i>Jay (TBD)</i> <i>HIIT Training</i>	<i>Kim (Troy Murray)</i> <i>Yoga</i>	<i>Elise (Troy Murray)</i> <i>Ballet</i>
<i>Elise (Troy Murray)</i> <i>Dance</i>	<i>Jay (TBD)</i> <i>HIIT Training</i>	<i>Kim (Troy Murray)</i> <i>Yoga</i>	<i>Elise (Troy Murray)</i> <i>Ballet</i>
<i>Coach Led (Troy Murray)</i> <i>Sport Specific Jump Class</i>	<i>Coach Led (Troy Murray)</i> <i>Sport Specific Jump Class</i>	<i>Coach Led (Troy Murray)</i> <i>Sport Specific Jump Class</i>	<i>Coach Led (Troy Murray)</i> <i>Sport Specific Jump Class</i>

SASC Evening Programming

Troy Murray Arena (July 2- Aug 7)

Monday		Tuesday		Wednesday		Thursday	
Troy Murray Arena		Troy Murray Arena		Troy Murray Arena		Troy Murray Arena	
Star 1 6:00-7:00pm	Adult/Open Academy 6:00-7:00	-Canskate (5+) 6:00-6:45pm -Pre-Power 6:00-6:45pm -Canskate (3-5) 6:15-6:45pm -Parent/Tot 6:15-6:45pm		-Canskate (5+) 6:00-6:45pm -Pre-Figure 6:00-6:45pm -Canskate (3-5) 6:15-6:45pm		Star 1 6:00-7:00pm	Adult Group 6:15-7:00pm
END 7:00		END 6:45		END 6:45		END 7:00	

****Open Academy sessions are open for drop in for ANY level of Academy Skaters**