

# SASC Summer Schedule 2026

## Kinex Arena (July 13-August 7)

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

## DRYLAND Schedule

### KINEX ARENA

Weeks 3-6 (July 14- Aug 7)

### LEGEND

COMP

INTR/SR only

INTR/SR/JR

Monday	Tuesday	Wednesday	Thursday
Coach Led (Iginla Lobby) Sport Specific Jump Technique	Coach Led (Iginla Lobby) Sport Specific Jump Technique	Coach Led (Iginla Lobby) Sport Specific Jump Technique	Coach Led (Warm Up Area) Sport Specific Jump Technique
Elise (Iginla Lobby) Dance	Coach Led (Iginla Lobby) Flexibility	Jay (Iginla Lobby) HIIT Training	Coach Led (Troy Murray) Sport Specific Jump Class
Elise (Iginla Lobby) Dance	Coach Led (Iginla Lobby) Flexibility	Jay (Iginla Lobby) HIIT Training	Elise (Troy Murray) Ballet
Coach Led (Iginla Lobby) Sport Specific Jump Class	Coach Led (Iginla Lobby) Sport Specific Jump Class	Coach Led (Iginla Lobby) Sport Specific Jump Class	Elise (Troy Murray) Ballet

## SASC Evening Programming

Kinex Arena (July 20- Aug 6)

Monday	Tuesday	Wednesday	Thursday
Troy Murray Arena	Troy Murray Arena	Troy Murray Arena	Troy Murray Arena
Star 1 5:00-5:45pm	-Canskate (5+) 5:45-6:30pm -Pre-Power 5:45-6:30pm	-Canskate (5+) 5:45-6:30pm -Pre-Figure 5:45-6:30pm	Star 1 5:00-5:45pm
Adult/Open Academy 5:45-6:30pm	-Canskate (3-5) 6:00-6:30pm -Parent/Tot 6:00-6:30pm	-Canskate (3-5) 6:00-6:30pm	Adult/Open Academy 5:45-6:30pm
END 6:30	END 6:30	END 6:30	END 6:30

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





















