

SASC Summer Schedule 2026

Troy Murray Arena (June 29-July 10)

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		Comp 12:15-1:00pm		Comp 12:15-1:00pm		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	Int/Sr Dryland 12:30-1:30pm	D/SS 1:00-1:30pm	Int/Sr Dryland 12:30-1:30pm	Stroking 1:00-1:30pm	Int/Sr Dryland 12:45-1:30pm	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

TROY MURRAY ARENA & SERVUS PLACE
Weeks 1-2 (June 29-July 9)

LEGEND

COMP

INTR/SR only

INTR/SR/JR

Monday	Tuesday	Wednesday	Thursday
Coach Led (Warm Up Area) Sport Specific Jump Technique	Coach Led (Warm Up Area) Sport Specific Jump Technique	Coach Led (Warm Up Area) Sport Specific Jump Technique	Coach Led (Warm Up Area) Sport Specific Jump Technique
Elise (Troy Murray) Dance	Coach Led (Warm Up Area) Flexibility	Jay (Track Corner 3) HIIT Training	Coach Led (Troy Murray) Sport Specific Jump Class
Elise (Troy Murray) Dance	Coach Led (Warm Up Area) Flexibility	Jay (Track Corner 3) HIIT Training	Elise (Troy Murray) Ballet
Coach Led (Troy Murray) Sport Specific Jump Class	Coach Led (Troy Murray) Sport Specific Jump Class	Coach Led (Troy Murray) Sport Specific Jump Class	Elise (Troy Murray) Ballet

SASC Evening Programming

Troy Murray Arena (June 29- July 16)

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 (3-5) 6:00-6:30pm -Parent/Tot 6:00-6:30pm	-Canskate (5+) 5:45-6:30pm -Pre-Figure 5:45-6:30pm -Canskate (3-5) 6:00-6:30pm	Star 1 5:00-5:45pm
Adult/Open Academy 5:45-6:30pm			Adult LTS/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

