

## Summer Training Aug Calendar 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Aug 2 *Pr Jr Freeskate is for Freeskate time only, and is independent working for those skaters registered	3 <b>NO SKATING</b>	4 Int/Sr conditioning 11:30-12:10 Flood 12:15-12:25 Int/Sr - Freeskate 12:25-1:55 Int/Sr - Skills/Dance 1:55-2:10 <b>HSSA 2:10-2:50</b> Flood 2:50-3:00 Jr / PrJr-Freeskate 3:00-4:15 Jr / PrJr conditioning 4:25-5:05	5 Int/Sr off ice jump 12:10-12:40 Flood 12:45-12:55 Int/Sr - Freeskate 12:55-2:35 Int/Sr - Stroking 2:35-2:50 Jr/PrJr/Int/Sr-Spins 2:50-3:05 Flood 3:05-3:15 Jr / PrJr-Freeskate 3:15-4:00 Jr / Pr Jr - Stroking 4:00-4:15 Jr / PrJr off ice jump 4:25-4:55	6	7 <i>All ice at the Gale Center in Niagara Falls</i>	8
9 All off ice classes are invoiced by and paid to the coach running the class	10 Int/Sr off ice jump 11:20-11:55 Flood 12:00-12:10 Int/Sr - Freeskate 12:10-1:30 Jr / PrJr off ice jump 1:40-2:10 Flood 2:15-2:25 Jr / PrJr-Freeskate 2:25-3:15	11 Int/Sr conditioning 12:35-12:55 Flood 1:00-1:10 Int/Sr - Freeskate 1:10-2:10 <b>HSSA 2:10-2:50</b> Flood 2:50-3:00 Jr / PrJr-Freeskate 3:00-4:00 Jr / PrJr conditioning 4:10-5:50	12 Int/Sr off ice jump 12:10-12:40 Flood 12:45-12:55 Int/Sr - Freeskate 12:55-2:35 Int/Sr - Stroking 2:35-2:50 Jr/PrJr/Int/Sr-Spins 2:50-3:05 Flood 3:05-3:15 Jr / PrJr-Freeskate 3:15-4:00 Jr / Pr Jr - Stroking 4:00-4:15 Jr / PrJr off ice jump 4:25-4:55	13	14	15
16	17 Int/Sr off ice jump 11:45-12:25 Flood 12:30-12:40 Int/Sr - Freeskate 12:40-2:10 Int/Sr - Spins 2:10-2:20 Jr / PrJr-Freeskate 2:20-3:20 Jr / PrJr - Spins 3:20-3:30 Jr / PrJr off ice jump 3:40-4:10	18 Int/Sr conditioning 8:15-8:55 Flood 9:00-9:10 Int/Sr - Freeskate 9:10-10:40 Int/Sr - Skills/Dance 10:40-10:55 <b>HSSA 10:55-11:35</b> Flood 11:35-11:45 Jr / PrJr-Freeskate 11:45-1:00 Jr / PrJr conditioning 1:10-1:50	19 Int/Sr off ice jump 12:10-12:40 Flood 12:45-12:55 Int/Sr - Freeskate 12:55-2:35 Int/Sr - Stroking 2:35-2:50 Jr/PrJr/Int/Sr-Spins 2:50-3:05 Flood 3:05-3:15 Jr / PrJr-Freeskate 3:15-4:00 Jr / Pr Jr - Stroking 4:00-4:15 Jr / PrJr off ice jump 4:25-4:55	20 TEST DAY Tentative 3:00-5:00	21	22
	24 Int/Sr off ice jump 11:55-1:25 Flood 1:30-1:40 Int/Sr - Freeskate 1:40-3:10 Int/Sr - Spins 3:10-3:20 Flood 3:20-3:30 Jr / PrJr-Freeskate 3:30-4:30 Jr / PrJr off ice jump 4:40-5:10	25 Int/Sr conditioning 11:00-11:40 Flood 11:45-11:55 Int/Sr - Freeskate 11:55-1:05 <b>HSSA 1:05-1:45</b> Jr / PrJr conditioning 1:50-2:30 Flood 2:30-2:40 Jr / PrJr-Freeskate 2:40-3:45	26 Int/Sr off ice jump 10:55-11:25 Flood 11:30-11:40 Int/Sr - Freeskate 11:40-1:15 Int/Sr - Stroking 1:15-1:30 Jr / PrJr off ice jump 1:55-2:25 Flood 2:30-2:40 Jr / PrJr-Freeskate 2:40-3:30			<b>Sept 14 is our startup date for fall/winter season in NOTL! Calendars for all days and times will follow</b>