

Summer Training July Calendar 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
June 28	29	30	July 1	2	3	4
	NO SKATING	NO SKATING	NO SKATING			
5	6	7	8	9	10	11
*Pr Jr Freeskate is for Freeskate time only, and is independent working for those skaters registered	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	Int/Sr conditioning 11:35-12:25 Flood 12:30-12:40 Int/Sr - Freeskate 12:40-2:10 Int/Sr - Skill/Dance 2:10-2:25 HSSA 2:25-3:05 Flood 3:05-3:15 Jr / PrJr-Freeskate 3:15-4:30 Jr /PrJr conditioning 4:40-5:20	Int/Sr off ice jump 11:45-12:15 Flood 12:30-12:40 Int/Sr - Freeskate 12:40-2:20 Int/Sr - Stroking 2:20-2:35 Jr/PrJr/Int/Sr-Spins 2:35-2:50 Flood 2:50-3:00 Jr / PrJr-Freeskate 3:00-3:45 Jr / Pr Jr - Stroking 3:45-4:00 Jr/Pr Jr off ice jump 4:10-4:40		All ice at the Gale Center in Niagara Falls	
12	13	14	15	16	17	18
All off ice classes are invoiced by and paid to the coach running the class	Int/Sr off ice jump 1:50-2:25 Flood 2:30-2:40 Int/Sr - Freeskate 2:40-3:40 Jr / PrJr-Freeskate 3:40-4:30 Jr / PrJr off ice jump 4:40-5:10	Flood 11:30-11:40 Jr / PrJr-Freeskate 11:40-12:30 Jr /PrJr conditioning 12:40-1:30 Int/Sr conditioning 1:35-2:25 Flood 2:30-2:40 Int/Sr - Freeskate 2:40-3:50 HSSA 3:50-4:30	Flood 11:45-11:55 Int/Sr - Freeskate 11:55-12:45 Int/Sr off ice jump 12:55-1:45 Jr/Pr Jr off ice jump 1:50-2:40 Flood 2:45-2:55 Jr / PrJr-Freeskate 2:55-3:45			
19	20	21	22	23	24	25
	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	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 HSSA 2:10-2:50 Flood 2:50-3:00 Jr / PrJr-Freeskate 3:00-4:15 Jr /PrJr conditioning 4:25-5:05	Int/Sr off ice jump 1:55-2:25 Flood 2:30-2:40 Int/Sr - Freeskate 2:40-3:40 Flood 3:40-3:50 Jr/JrPr/Int/Sr-Spins 3:50-4:05 Jr / PrJr-Freeskate 4:05 -5:00 Jr/Pr Jr off ice jump 5:10-5:40			
26	27	28	29	30	31	Aug 1
	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	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 HSSA 2:10-2:50 Flood 2:50-3:00 Jr / PrJr-Freeskate 3:00-4:15 Jr /PrJr conditioning 4:25-5:05	Int/Sr off ice jump 11:10-11:40 Flood 11:45-11:55 Int/Sr - Freeskate 11:55-1:30 Int/Sr - Stroking 1:30-1:45 Jr/Pr Jr off ice jump 1:55-2:25 Flood 2:30-2:40 Jr / PrJr-Freeskate 2:40-3:30			