

## Spring Training May Calendar 2026

| Sun                                                                          | Mon                                                                                                                                   | Tue                                                                                                                                                           | Wed                                                                                                                                        | Thu                                                                                                                             | Fri   | Sat |
|------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------|-----|
| <i>All ice at the Gale Center in Niagara Falls</i>                           |                                                                                                                                       |                                                                                                                                                               |                                                                                                                                            |                                                                                                                                 | May 1 | 2   |
| 3                                                                            | 4                                                                                                                                     | 5                                                                                                                                                             | 6                                                                                                                                          | 7                                                                                                                               | 8     | 9   |
| 10<br>All off ice is billed by and paid directly to coach teaching the class | 11<br>Flood 4:15-4:25<br>Jr 4:25-5:35<br>Jr off ice jump 5:50-6:20<br>Flood 5:35-5:45<br>Int/Sr 5:45-7:15<br>Int/Sr off ice 7:25-7:55 | 12<br>Flood 4:00-4:10<br>HSSAdvanced 4:10-4:50<br>Flood 4:50-5:00<br>Jr 5:00-6:00<br>Jr off ice jump 6:10-6:40<br>Int/Sr 6:00-7:00<br>Int/Sr Cond.. 7:10-8:00 | 13<br>Flood 4:15-4:25<br>Int/Sr 4:25-5:55<br>Int/Sr off ice spin 6:05-6:35<br>Flood 5:55-6:05<br>Jr 6:05-7:15<br>Jr off ice jump 7:25-7:55 | 14<br>Flood 4:15-4:25<br>Jr 4:25-5:15<br>Pr Junior 5:15-6:05<br>Flood 6:05-6:15<br>Int/Sr 6:15-7:15<br>Int/Sr off ice 7:25-7:55 | 15    | 16  |
| 17                                                                           | 18<br>NO SKATING                                                                                                                      | 19<br>Flood 4:00-4:10<br>HSSAdvanced 4:10-4:50<br>Flood 4:50-5:00<br>Jr 5:00-6:00<br>Jr off ice jump 6:10-6:40<br>Int/Sr 6:00-7:00<br>Int/Sr Cond.. 7:10-8:00 | 20<br>Flood 4:15-4:25<br>Int/Sr 4:25-5:55<br>Int/Sr off ice spin 6:05-6:35<br>Flood 5:55-6:05<br>Jr 6:05-7:15<br>Jr off ice jump 7:25-7:55 | 21<br>Flood 4:15-4:25<br>Jr 4:25-5:15<br>Pr Junior 5:15-6:05<br>Flood 6:05-6:15<br>Int/Sr 6:15-7:15<br>Int/Sr off ice 7:25-7:55 | 22    | 23  |
| 24                                                                           | 25<br>Flood 4:15-4:25<br>Jr 4:25-5:35<br>Jr off ice jump 5:50-6:20<br>Flood 5:35-5:45<br>Int/Sr 5:45-7:15<br>Int/Sr off ice 7:25-7:55 | 26<br>Flood 4:00-4:10<br>HSSAdvanced 4:10-4:50<br>Flood 4:50-5:00<br>Jr 5:00-6:00<br>Jr off ice jump 6:10-6:40<br>Int/Sr 6:00-7:00<br>Int/Sr Cond.. 7:10-8:00 | 27<br>Flood 4:15-4:25<br>Int/Sr 4:25-5:55<br>Int/Sr off ice spin 6:05-6:35<br>Flood 5:55-6:05<br>Jr 6:05-7:15<br>Jr off ice jump 7:25-7:55 | 28<br>Flood 4:15-4:25<br>Jr 4:25-5:15<br>Pr Junior 5:15-6:05<br>Flood 6:05-6:15<br>Int/Sr 6:15-7:15<br>Int/Sr off ice 7:25-7:55 | 29    | 30  |