

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		<i>All ice at the Gale Center in Niagara Falls</i>	
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			