



2024-2025
Winter Holiday Training

Revised November 25, 2024

SCHEDULE - BRIND'AMOUR ARENA			
Monday, December 23			
S3+	10:00am	11:00am	
Academy & S2	11:00am	12:00pm	\$15 / session
S4+	12:00pm	1:00pm	
Dec 24 - Dec 29			
Happy Holidays! <i>Active rest week</i>			
Monday, December 30			
S3+	4:15pm	5:00pm	
Academy & S2	5:00pm	5:45pm	\$11.25 / session
S4+	5:45pm	6:30pm	
Tuesday, December 31			
S3+	1:15pm	2:00pm	
Academy & S2	2:00pm	2:45pm	\$11.25 / session
Thursday, January 2			
S3+	4:30pm	5:30pm	
Academy & S2	5:30pm	6:30pm	\$15 / session
Friday, January 3			
S3+	4:30pm	5:30pm	
Academy & S2	5:30pm	6:30pm	\$15 / session

NOTES
<p>☀ After the Winter Break, there are just 3.5 weeks until Vancouver Island Regionals. Skaters planning to compete are strongly encouraged to register for multiple sessions.</p>
<p>☀ Staying active and maintaining an athletic routine over the break will help minimize the effects of time off the ice.</p>
<p>☀ Athletes are encouraged to do an independent off-ice warm-up before each session and follow up with flexibility exercises to cool down.</p>
<p>☀ Skaters must be registered prior to stepping on the ice. Register online at skatecampbellriver.ca. Registration opens Sun Dec 1 at 9am. Schedule is subject to change.</p>
<p>☀ All sessions (Including Figure Skating Academy Programs) are freeskate only and will be privately billed as per the Success Package.</p>