



CAMPBELL RIVER SKATING CLUB

SPRING 2025 MASTER EXTENSION TRAINING SCHEDULE

MAR 31 - MAY 17: SEE PRIMARY SCHEDULE



Revised: Mar 2

JUN 2 - 27 OFF-ICE - STRATHCONA GARDENS FITNESS STUDIO

MON JUN 2, 9, 16, 23		TUE JUN 3, 10, 17, 24 JUNE 24 PINECREST ELEMENTARY FIELD			WED JUN 4, 11, 18, 25 JUNE 25 PINECREST ELEMENTARY FIELD			THU JUN 5, 12, 19, 26 ACADEMY, JUNIOR & INTERMEDIATE DOGWOOD ROOM			FRI JUN 6, 13, 20 NO CLASS HELD JUN 27
3:15-4:00 Junior Academy POI		3:15-3:45 Junior Academy POI	3:15-3:45 STAR Academy POI	3:15-3:45 Junior Academy POI	3:15-4:00 Junior Academy POI			3:15-3:45 Junior Academy POI	3:15-3:45 STAR Academy POI	3:15-3:45 Junior Academy POI	<b style="color: red;">Beyond the Rink! Registration & Schedule: coachingteam.setmore.com/coaching
4:00-4:45 Junior Class		3:45-4:30 Junior Academy Class	3:45-4:30 STAR Academy Class	3:45-4:30 Junior Class	4:00-4:45 Junior Class			3:45-4:30 Junior Academy Class DOGWOOD ROOM	3:45-4:30 STAR Academy Class DOGWOOD ROOM	3:45-4:30 Junior Class DOGWOOD ROOM	
4:45-5:30 Intermediate Class		4:30-5:15 Intermediate Class			4:45-5:30 Intermediate Class			4:30-5:15 Intermediate Class DOGWOOD ROOM			
4:45-5:30 Senior PowerSkate		5:15-5:45 Intermediate POI			5:30-6:15 Intermediate POI			5:15-5:45 Intermediate POI			
5:30-6:15 Intermediate POI		5:45-6:30 Senior Class			6:15-7:00 Senior Class			5:45-6:30 Senior Class			
6:15-7:00 Senior Class		6:30-7:00 Senior POI			6:15-7:00 Senior Class			6:30-7:00 Senior POI			
7:00-7:45 Senior POI					7:00-7:45 Senior POI						

PROGRAMS - SEE PROGRAM GUIDE FOR DETAILS

VENUE GUIDE

REGISTRATION

PowerSkate JPS Junior PowerSkate (Levels 1-3) SPS Senior PowerSkate (Levels 4-6)	Figure Skating Academy JA Junior Academy (4-7 year olds) SA STAR Academy (8+ year olds)	STAR & Podium Pathway J Junior I Intermediate S Senior POI Private Off-Ice: Geared towards Podium Pathway Development Program and Podium Pathway athletes, booked through their Primary Coach. Personalized training in semi or private format. Registration: coachingteam.setmore.com/coaching. Questions: director@skatecampbellriver.ca	All Campbell River based off-ice programming will take place in the FS unless otherwise stated. FS Fitness Studio DR Dogwood Room PR Pinecrest Room	Registration opening date TBA: www.skatecampbellriver.ca Registration is ongoing and pro rated! Program placement questions: director@skatecampbellriver.ca Registration questions: info@skatecampbellriver.ca
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OFF-ICE PROGRAM CURRICULUM

Athletes will further develop their skills through the full scope of in depth CRSC off-ice program curriculum. Well-rounded programming has been designed to elevate on-ice performance by building awareness and applying techniques in a practical setting. Throughout the term, athletes will deepen their understanding of both general and sport-specific warm up strategies, with an emphasis on creating dynamic routines they can confidently perform on their own, no matter the training season. The coaching team greatly values the support of parents and guardians in encouraging athletes to continue practicing their skills at home.

Multi-Ice Sport Fundamental Components: essential to fast tracking development, each class will include a dynamic warm-up, core stability exercises, agility drills, plyometric training, and flexibility enhancement.

PowerSkate In addition to multi-sport fundamental components, players will finesse their stride technique, develop their forward and backward crossovers, lateral movement, quick starts, c-steps, tight turns and pivots. This class offers players an excellent opportunity to get a strong head start before the summer term begins. Dress code and behaviour expectations are outlined in the PowerSkate Welcome Letter. Program questions: director@skatecampbellriver.ca	Figure Skating Academy In addition to the fundamental multi-ice sport curriculum, skaters will be introduced to activities that will advance development of their skating and performance skills, turning abilities, and jump and spin technique. Priority is also placed on increasing flexibility at this level. Dress code and behaviour expectations are outlined in the Figure Skating Academy Welcome Letter. Program questions: trina@skatecampbellriver.ca	STARS & Podium Pathway Alongside the fundamental multi-ice sport curriculum, skaters will also work through targeted activities designed to advance development of their skating and performance skills, level specific transitions, and jump and spin mechanics. At this level, increasing flexibility is also a key ongoing focus. Dress code and behaviour expectations are outlined in the Success Package. Program questions: contact your Primary Coach
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