Revised: July 20, 2026

CAMPBELL RIVER SKATING CLUB

SUMMER 2026 SKATING TERM: July 13 - September 4

STAR & PODIUM TRAINING SCHEDULE - WEEK 4 (August 3 - 7) - "PEAK PERFORMANCE TRAINING WEEK"

MONDAY AUGUST 3

STATUTORY HOLIDAY NON-TRAINING DAY

TUESDAY AUGUST 4

ON-ICE

12:00-12:30 INT PERFORMANCE CLASS

12:00-12:30 SR PERFORMANCE CLASS

12:30-1:15 INT FREESKATE

12:30-1:15 SR FREESKATE

3:15-3:30 JR PERFORMANCE CLASS

3:30-4:15 JR FREESKATE

4:15-4:30 JR SPIN CLASS

4:30-5:00 OPEN

OFF-ICE

11:15-11:45 INT DYNAMIC WARM-UP

11:15-11:45 SR DYNAMIC WARM-UP

1:45-2:30 INT THEORY "LUNCH & LEARN"

Event Preparation (Part 1)

1:45-2:30 SR THEORY "LUNCH & LEARN"

Event Preparation (Part 1)

1:40-2:25 JR THEATRE & PERFORMANCE DEVELOPMENT

2:30-3:15 INT THEATRE & PERFORMANCE DEVELOPMENT

2:30-3:15 SR THEATRE & PERFORMANCE DEVELOPMENT

2:35-3:05 JR DYNAMIC WARM-UP

5:15-6:00 JR - SR PARENT & ATHLETE MEETING

Competition Standards

DOGWOOD ROOM

WEDNESDAY AUGUST 5

ON-ICE

3:15-4:00 OPEN (non-jumping)

3:15-4:00 PAIRS

4:00-4:20 JR CLASS

4:20-5:00 JR FREESKATE

5:00-5:15 FLOOD

5:15-6:00 INT FREESKATE

6:00-6:30 INT CLASS

6:00-6:30 SR CLASS

6:30-7:15 SR FREESKATE

OFF-ICE

3:15-3:45 JR

2:45-3:00 PAIRS

4:00-4:30 INT

5:00-5:30 SR

THURSDAY AUGUST 6

ON-ICE

12:00-12:30 INT PERFORMANCE CLASS

12:00-12:30 SR PERFORMANCE CLASS

12:30-1:15 INT FREESKATE

12:30-1:15 SR FREESKATE

3:15-3:30 JR PERFORMANCE CLASS

3:30-4:15 JR FREESKATE

4:15-4:30 JR SPIN CLASS

4:30-5:00 OPEN

OFF-ICE

11:15-11:45 INT DYNAMIC WARM-UP

11:15-11:45 SR DYNAMIC WARM-UP

1:45-2:30 INT THEORY "LUNCH & LEARN"

Event Preparation (Part 2)

1:45-2:30 SR THEORY "LUNCH & LEARN"

Event Preparation (Part 2)

1:40-2:25 JR THEATRE & PERFORMANCE DEVELOPMENT

2:30-3:15 INT THEATRE & PERFORMANCE DEVELOPMENT

2:30-3:15 SR THEATRE & PERFORMANCE DEVELOPMENT

2:35-3:05 JR DYNAMIC WARM-UP

FRIDAY AUGUST 7

ON-ICE

3:15-4:00 JR FREESKATE

3:15-4:00 INT FREESKATE

4:00-4:45 SR FREESKATE

OFF-ICE

2:00-2:45 INT THEORY "LUNCH & LEARN"

Know the Values, Win the Points!

2:00-2:45 SR THEORY "LUNCH & LEARN"

Know the Values, Win the Points!

5:15-6:00 BEYOND THE RINK SARATOGA BEACH

PLYOMETRICS IN THE SAND

DETAILS TBA

6:00-8:00 CLUB PICNIC! SARATOGA BEACH

DETAILS TBA

REMARKS:

PRIVATE LESSONS:

In addition to private lessons during on-ice sessions, private off-ice lessons are also strongly encouraged. Please contact your primary coach to arrange lessons outside the class times listed above. Athletes without a primary coach are required to contact the Director of Programs.

SUMMER 2026 INFORMATION:

skatecampbellriver.ca/summer-2026

TRAINING LOCATIONS:

STRATHCONA GARDENS
RECREATION COMPLEX - RINK 2
225 South Dogwood St, Campbell River, BC

SPECIAL DATES:

Theme days: skatecampbellriver.ca/summer-2026
Statutory Holiday: Mon Aug 3 (non-training day)
Club Competition: Wed Aug 26
Schedule subject to change