

SUNGOD SKATING CLUB FALL 2026 SCHEDULE ( September 08th to December 18th )

| TIME                 | North Delta RC   |                  | Sungod Arena   |                | North Delta RC |         | Sungod Arena & NDRC |                  | Sungod Arena       |                | Sungod Arena        |         | TIME                 |       |                |             |
|----------------------|------------------|------------------|----------------|----------------|----------------|---------|---------------------|------------------|--------------------|----------------|---------------------|---------|----------------------|-------|----------------|-------------|
|                      | MONDAY           |                  | TUESDAY        |                | WEDNESDAY      |         | THURSDAY            |                  | FRIDAY             |                | SUNDAY              |         |                      |       |                |             |
|                      | On Ice           | Off Ice          | On Ice         | Off Ice        | On Ice         | Off Ice | On Ice              | Off Ice          | On Ice             | Off Ice        | On Ice              | Off Ice |                      |       |                |             |
|                      | MORNING SESSIONS |                  |                |                |                |         |                     |                  |                    |                | WEEKEND SESSIONS    |         |                      |       |                |             |
| 6:00                 |                  |                  | 6:00 - 7:00 am |                |                |         | 6:00 - 7:00 am      |                  |                    |                | 8:30 - 9:15 am      |         | 8:30                 |       |                |             |
| 6:15                 |                  |                  | FND & DEV      |                |                |         | HP & AD             |                  |                    |                | Academy & Adults    |         | 8:45                 |       |                |             |
| 6:30                 |                  |                  | Freeskate      |                |                |         | Freeskate           |                  |                    |                |                     |         | 9:00                 |       |                |             |
| 6:45                 |                  |                  |                |                |                |         |                     |                  |                    |                |                     |         | 9:15                 |       |                |             |
| 7:00                 |                  |                  | 7:00 - 8:00 am |                |                |         | 7:00 - 8:00 am      |                  |                    |                | 9:15 - 10:15 am     |         | 9:30                 |       |                |             |
| 7:15                 |                  |                  | Open Session   |                |                |         | Open Session        |                  |                    |                | High-Performance    |         | 9:30 - 10:15 am      | 9:45  |                |             |
| 7:30                 |                  |                  | 3              |                |                |         |                     |                  |                    |                | Freeskate           |         | Academy 1 & 2        | 10:00 |                |             |
| 7:45                 |                  |                  |                |                |                |         |                     |                  |                    |                | FLOOD               |         |                      | 10:15 |                |             |
| 8:00                 |                  |                  |                |                |                |         |                     |                  |                    |                | 10:30 - 11:30 am    |         |                      | 10:30 |                |             |
| 8:15                 |                  |                  |                |                |                |         |                     |                  |                    |                | AD & DEV            |         |                      | 10:45 |                |             |
| 8:30                 |                  |                  | Enrichment     |                | 11:00          |         |                     |                  |                    |                |                     |         |                      |       |                |             |
| 8:45                 |                  |                  |                |                | 11:15          |         |                     |                  |                    |                |                     |         |                      |       |                |             |
| 9:00                 |                  |                  |                |                |                |         |                     |                  |                    |                | 11:30 am - 12:15 pm |         | 11:30                |       |                |             |
| DAYTIME SESSIONS     |                  |                  |                |                |                |         |                     |                  |                    |                |                     |         |                      |       |                |             |
| 1:00                 | 1:00 - 2:00 pm   |                  | 1:00 - 2:00 pm |                |                |         | 1:00 - 2:00 pm      |                  |                    |                | 1:00 - 2:00 pm      |         | 11:45am-12:45pm      | 11:45 |                |             |
| 1:15                 | Open Session     |                  | Open Session   |                |                |         | Open Session        |                  |                    |                | Open Session        |         | AD Off-Ice &         | 12:00 |                |             |
| 1:30                 | 1                |                  | 4              |                |                |         | 6                   |                  |                    |                | 8                   |         | DEV Off-Ice          | 12:15 |                |             |
| 1:45                 |                  |                  |                |                |                |         |                     |                  |                    |                | NDRC                |         | ( separate classes ) | 12:30 |                |             |
| 2:00                 | FLOOD            |                  | FLOOD          |                |                |         | FLOOD               |                  |                    |                | FLOOD               |         |                      | 12:45 |                |             |
| 2:15                 | 2:15 - 3:15 pm   |                  | 2:15 - 3:15 pm |                |                |         | 2:15 - 3:15 pm      |                  |                    |                | 2:15 - 3:15 pm      |         |                      | 1:00  |                |             |
| 2:30                 | Open Session     |                  | Open Session   |                |                |         | High-Performance    |                  |                    |                | High-Performance    |         |                      | 1:15  |                |             |
| 2:45                 | 2                |                  | 5              |                |                |         | Freeskate           |                  |                    |                | Freeskate           |         |                      | 1:00  |                |             |
| 3:00                 |                  |                  |                |                |                |         |                     |                  |                    |                | NDRC                |         |                      | 1:15  |                |             |
| 3:15                 |                  |                  |                |                |                |         |                     |                  |                    |                |                     |         |                      |       |                |             |
| AFTERSCHOOL SESSIONS |                  |                  |                |                |                |         |                     |                  |                    |                |                     |         |                      |       |                |             |
| 3:15                 | FLOOD            |                  | 3:15 - 4:15 pm |                |                |         | FLOOD               |                  |                    |                | FLOOD               |         |                      |       |                |             |
| 3:30                 | 3:30 - 4:30 pm   |                  | 3:30 - 4:30 pm |                |                |         | 3:30 - 4:30 pm      |                  |                    |                | AD Enrich.          |         |                      |       |                |             |
| 3:45                 | Foundation       |                  | Development    |                |                |         | High-Performance    |                  |                    |                | 3:45 - 4:45 pm      |         |                      |       | 3:45 - 4:45 pm |             |
| 4:00                 | Freeskate        |                  | Off Ice Class  |                |                |         | Off-Ice Class       |                  |                    |                | Advanced            |         |                      |       | Development    |             |
| 4:15                 |                  |                  |                |                |                |         |                     |                  |                    |                | Freeskate           |         |                      |       | Off-Ice Class  |             |
| 4:30                 | FLOOD            |                  |                |                |                |         | 4:30 - 5:15 pm      |                  |                    |                | AD Spin Patch       |         |                      |       |                |             |
| 4:45                 | 4:45 - 5:45 pm   |                  | 4:45 - 5:45 pm |                |                |         | High-Performance    |                  |                    |                | FLOOD               |         |                      |       |                |             |
| 5:00                 | Development      |                  | Foundation     |                |                |         | Off-Ice Class       |                  |                    |                | 5:00 - 6:00 pm      |         |                      |       | 5:00 - 6:00 pm |             |
| 5:15                 | Freeskate        |                  | Off Ice Class  |                |                |         | 5:15 - 6:00 pm      |                  |                    |                | 5:15 - 6:00 pm      |         |                      |       | Development    | Advanced    |
| 5:30                 |                  |                  |                |                |                |         | CANSKATE            |                  |                    |                | Academy 1 & 2       |         |                      |       | Freeskate      | Development |
| 5:45                 | FLOOD            | 5:45 - 6:45 pm   |                | Off-Ice Class  |                |         |                     |                  |                    |                |                     |         |                      |       |                |             |
| 6:00                 | 6:00 - 7:00 pm   | High-Performance | 6:00 - 6:45 pm | 6:00 - 6:45 pm | 6:00 - 6:45 pm |         |                     | 5:00 - 6:00 pm   | 5:00 - 6:00 pm     | 5:00 - 6:00 pm |                     |         | 2:00 - 3:00 pm       |       |                |             |
| 6:15                 | Advanced         | Off Ice Class    | CANSKATE       | Development    | Foundation     |         |                     | High-Performance | Development        | Advanced       |                     |         | High-Performance     |       |                |             |
| 6:30                 | Development      |                  |                | Off-Ice Class  | Freeskate      |         | 6:15 - 7:00 pm      | At Gym           | Development        | Development    |                     |         | Off-Ice Class        |       |                |             |
| 6:45                 | Freeskate        |                  |                |                |                |         | Development         |                  | Freeskate          | Off-Ice Class  |                     |         |                      |       |                |             |
| 7:00                 | 7:00 - 7:30 pm   |                  |                | 7:00 - 8:00 pm | Advanced       |         | 7:00 - 7:45 pm      |                  | 5:00 - 6:00 pm     | 5:00 - 6:00 pm | 5:00 - 6:00 pm      |         |                      |       |                |             |
| 7:15                 | AD Enrich.       |                  |                | Development    | Development    |         | Foundation          |                  | 5:00 - 6:00 pm     | Development    | Advanced            |         |                      |       |                |             |
| 7:30                 | FLOOD            |                  |                | Freeskate      | Off-Ice Class  |         | Off-Ice Class       |                  |                    | Freeskate      | Development         |         |                      |       |                |             |
| 7:45                 | 7:45 - 8:45 pm   |                  | 7:45 - 8:45 pm |                |                |         |                     |                  |                    | Dev. Enrich.   |                     |         |                      |       |                |             |
| 8:00                 | High-Performance |                  | Advanced       | 8:00 - 9:00 pm |                |         |                     | 6:15 - 7:00 pm   |                    | 6:15 - 7:00 pm | 6:15 - 7:00         |         |                      |       |                |             |
| 8:15                 | Freeskate        |                  | Development    | Advanced       |                |         |                     | Development      |                    | Academy 1, 2   | Foundation          |         |                      |       |                |             |
| 8:30                 |                  |                  | Off Ice Class  | Development    |                |         |                     | Off-Ice Class    |                    | & 3            | Off-Ice Class       |         |                      |       |                |             |
| 8:45                 |                  |                  |                | Freeskate      |                |         |                     |                  |                    | FLOOD          |                     |         |                      |       |                |             |
|                      |                  |                  |                |                |                |         |                     |                  | 7:15 - 8:15 pm     | 7:15 - 8:00 pm |                     |         |                      |       |                |             |
|                      |                  |                  |                |                |                |         |                     |                  | Foundation         | Academy 1 & 2  |                     |         |                      |       |                |             |
|                      |                  |                  |                |                |                |         |                     |                  | Freeskate          | Off-Ice Class  |                     |         |                      |       |                |             |
|                      |                  |                  |                |                |                |         |                     |                  | Foundation Enrich. |                |                     |         |                      |       |                |             |
|                      |                  |                  |                |                |                |         |                     |                  |                    |                |                     |         |                      |       |                |             |