

**SUMMER 2025**

June 30th to August 15th

June 30th to July 13th ( Tilbury Arena ) / July 14th to August 10th ( North Delta Recreation Centre ) / August 11th to 15th ( Sungod Arena )

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SUNDAY	
TIME	On Ice	Off-Ice	On Ice	Off-Ice	On Ice	Off-Ice	On Ice	Off-Ice	On Ice	Off-Ice	On-Ice	TIME
8:15	8:15 - 9:15 am		8:15 - 8:45 am		8:15 - 9:15 am		8:15 - 8:45 am		8:15 - 9:15 am			8:15
8:30	<b>Sectional Team</b>		<b>Senior B Enrichment</b>		<b>Sectional Team</b>		<b>Senior B Enrichment</b>		<b>Senior A</b>			8:30
8:45	<b>Freeskate</b>		8:45 - 9:45 am	8:45 - 9:45 am	<b>Freeskate</b>		8:45 - 9:45 am	8:45 - 9:45 am	<b>Freeskate</b>			8:45
9:00			<b>Senior B</b>	<b>Senior A</b>			<b>Senior B</b>	<b>Senior A</b>				9:00
9:15	<b>FLOOD</b>		<b>Freeskate</b>	<b>Off-Ice</b>	<b>FLOOD</b>		<b>Freeskate</b>	<b>Off-Ice</b>	<b>FLOOD</b>		9:15 - 10:00 am	9:15
9:30	9:30 - 10:30 am				9:30 - 10:30 am				9:30 - 10:30 am	9:30 - 10:30 am	<b>CANSKATE</b>	9:30
9:45	<b>Senior A</b>		<b>FLOOD</b>		<b>Senior A</b>		<b>FLOOD</b>		<b>Senior B</b>	<b>Senior A</b>		9:45
10:00	<b>Freeskate</b>	10:00 - 11:00 am	10:00 - 10:30 am	10:00 - 11:00 am	<b>Freeskate</b>	10:00 - 11:00 am	10:00 - 10:30 am	10:00 - 11:00 am	<b>Freeskate</b>	<b>Off-Ice</b>	10:00 - 10:45 am	10:00
10:15		<b>Senior B</b>	<b>Senior A Enrichment</b>	<b>Senior B</b>		<b>Senior B</b>	<b>Senior A Enrichment</b>	<b>Senior B</b>			<b>CANSKATE</b>	10:15
10:30	10:30 - 11:00 am	<b>Off-Ice</b>	10:30 - 11:30 am	<b>Off-Ice</b>	10:30 - 11:00 am	<b>Off-Ice</b>	10:30 - 11:30 am	<b>Off-Ice</b>	<b>FLOOD</b>			10:30
10:45	<b>Senior A Enrichment</b>		<b>Senior A</b>		<b>Senior A Enrichment</b>		<b>Senior A</b>		10:45 - 11:45 am	10:45 - 11:45 am		10:45
11:00	<b>FLOOD</b>		<b>Freeskate</b>		<b>FLOOD</b>		<b>Freeskate</b>		<b>Intermediate</b>	<b>Senior B</b>		11:00
11:15	11:15am - 12:15pm	11:15 - 12:15 pm			11:15am - 12:15pm	11:15 - 12:15 pm			<b>Freeskate</b>	<b>Off-Ice</b>		11:15
11:30	<b>Senior B</b>	<b>Senior A</b>	<b>FLOOD</b>		<b>Senior B</b>	<b>Senior A</b>	<b>FLOOD</b>					11:30
11:45	<b>Freeskate</b>	<b>Off-Ice</b>	11:45 am - 12:45 pm		<b>Freeskate</b>	<b>Off-Ice</b>	11:45 am - 12:45 pm		<b>FLOOD</b>			11:45
12:00			<b>Sectional Team</b>				<b>Sectional Team</b>		12:00 - 1:00 pm	12:00 - 1:00 pm		12:00
12:15	12:15 - 12:45 pm		<b>Freeskate</b>		<b>Senior B Spins</b>		<b>Freeskate</b>		<b>Open Session</b>	<b>Intermediate</b>		12:15
12:30	<b>Senior B Enrichment</b>				<b>FLOOD</b>					<b>Off-Ice</b>		12:30
12:45	<b>FLOOD</b>		<b>FLOOD</b>		12:45 - 1:45 pm		<b>FLOOD</b>					12:45
1:00	1:00 - 2:00 pm		1:00 - 2:00 PM		<b>Intermediate</b>	1:00 - 1:45 pm	1:00 - 2:00 pm					1:00
1:15	<b>Intermediate</b>	1:15 - 2:15 pm	<b>Freeskate</b>	1:15 - 2:15 pm	<b>Freeskate</b>	<b>Junior</b>	<b>Intermediate</b>					1:15
1:30	<b>Freeskate</b>	<b>Off-Ice</b>		<b>Off-Ice</b>		<b>Off-Ice</b>	<b>Freeskate</b>	1:30 - 2:30 pm				1:30
1:45					<b>FLOOD</b>			<b>Junior</b>				1:45
2:00	2:00 - 2:30 pm		2:00 - 2:15 pm <i>Intermediate Enrich</i>		2:00 - 2:45 pm	2:00 - 3:00 pm	2:00 - 2:30 pm	<b>Off-Ice</b>				2:00
2:15	<b>Intermediate Enrich.</b>		<b>FLOOD</b>		<b>Junior Freeskate</b>	<b>Intermediate</b>	<b>Intermediate Enrich</b>					2:15
2:30	2:30 - 3:30 pm		2:30 - 3:30 pm	2:30 - 3:30 pm		<b>Off-Ice</b>	<b>FLOOD</b>					2:30
2:45	<b>Junior</b>	2:45 - 3:45 pm	<b>Freeskate</b>	<b>Intermediate</b>	2:45 - 3:30 pm		2:45 - 3:45 pm	2:45 - 3:45 pm				2:45
3:00	<b>Freeskate</b>	<b>Intermediate</b>		<b>Off-Ice</b>	<b>ACADEMY</b>		<b>Junior</b>	<b>Intermediate</b>				3:00
3:15		<b>Off-Ice</b>					<b>Freeskate</b>	<b>Off-Ice</b>				3:15
3:30	3:30 - 3:45 pm <i>Junior Enrichment</i>		3:30 - 3:45 pm <i>Junior Enrichment</i>									3:30
3:45			3:45 - 4:30 pm			3:45 - 4:30 pm	3:45 - 4:30 pm					3:45
4:00			<b>ACADEMY</b>			<b>ACADEMY</b>	<b>ACADEMY</b>					4:00
4:15						<b>Off-Ice</b>						4:15
4:30			<b>FLOOD</b>									4:30
4:45			4:45 - 5:30 pm	4:45 - 5:30 pm				4:45 - 5:30 pm				4:45
5:00			<b>CANSKATE</b>	<b>ACADEMY</b>				<b>ACADEMY</b>				5:00
5:15				<b>Off-Ice</b>				<b>Off-Ice</b>				5:15
5:30			5:30 - 6:15 pm									5:30
5:45			<b>CANSKATE</b>									5:45
6:00												6:00

**BC/YT SUMMERSKATE SIMULATIONS**  
 Thursday 24th July  
 Thursday 31st July  
 Thursday 07th August