

SUNGOD SKATING CLUB WINTER 2026 SCHEDULE (January 05th to March 13th)

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 Open Session 3	6:00 - 6:45 am AD Dev Off-Ice			6:00 - 7:00 am Open Session 7				8:30 - 9:15 am Academy & Pre-CANSKATE		8:30			
6:15															8:45	
6:30															9:00	
6:45															9:15	
7:00			7:00 - 8:00 am Advanced Development Freeskate				7:00 - 8:00 am Open Session 8							9:15 - 10:00 am CANSKATE	9:30 - 10:15 am Academy 1 & 2 Off-Ice Class	9:30
7:15																9:45
7:30																10:00
7:45																10:15
8:00																
8:15									FLOOD	10:45 - 11:45 am Advanced Dev. Off-Ice Class	10:45					
8:30									11:00am - 12:00pm High-Performance Freeskate		11:00					
8:45												11:15				
9:00													11:30			
	DAYTIME SESSIONS												11:45			
1:00	1:00 - 2:00 pm Open Session 1		1:00 - 2:00 pm Open Session 4		1:00 - 2:00 pm Open Session 6		1:00 - 2:00 pm Open Session 9 NDRC		1:00 - 2:00 pm Open Session 10		12:00 - 1:00 pm Advanced Dev & Development OPEN (11)		12:00			
1:15														12:15		
1:30														12:30		
1:45	FLOOD		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		2:15 - 3:15 pm		2:15 - 3:15 pm		1:15			
2:30	Open Session 2		Open Session 5		High-Performance Freeskate		High-Performance Freeskate		High-Performance Freeskate				1:00 - 2:00 pm High-Performance Off-Ice Class At Gym	1:00		
2:45													1:15			
3:00														1:30		
3:15																
	AFTERSCHOOL SESSIONS															
3:15	FLOOD		3:15 - 4:15 pm High-Performance Freeskate		FLOOD				FLOOD							
3:30	3:30 - 4:30 pm Foundation Freeskate	3:30 - 4:30 pm Development Off Ice Class			3:30 - 4:30 pm Advanced Development Freeskate	3:30 - 4:30 pm High-Performance Off-Ice Class			3:45 - 4:45 pm Advanced Development Freeskate	3:45 - 4:45 pm Development Off-Ice Class						
3:45																
4:00																
4:15			4:15 - 5:00 pm Academy 1, 2 & 3		4:30 - 5:15 pm High-Performance Off-Ice Class	Sr. Spin Patch										
4:30	FLOOD				FLOOD											
4:45	4:45 - 5:45 pm Development Freeskate	4:45 - 5:45 pm Foundation Off Ice Class			5:00 - 6:00 pm Development Freeskate	5:00 - 6:00 pm Advanced Development Off-Ice Class										
5:00																
5:15			5:15 - 6:00 pm CANSKATE		5:15 - 6:00 pm Academy 1 & 2 Off-Ice Class	5:00 - 6:00 pm Development Freeskate			5:00 - 6:00 pm Advanced Development Off-Ice Class							
5:30																
5:45	FLOOD	5:45 - 6:45 pm High-Performance Off Ice Class	6:00 - 6:45 pm CANSKATE	6:00 - 6:45 pm Development Off-Ice Class	6:00 - 6:45 pm Foundation Freeskate											
6:00	6:00 - 7:00 pm Advanced Development Freeskate					6:15 - 7:00 pm Development Off-Ice Class										
6:15																
6:30																
6:45			FLOOD													
7:00	7:00 - 7:30 pm		7:00 - 8:00 pm Development Freeskate			7:00 - 7:45 pm Foundation Off-Ice Class										
7:15	AD. Dev. Enrich.															
7:30	FLOOD															
7:45	7:45 - 8:45 pm	7:45 - 8:45 pm														
7:55																
8:00	High-Performance Freeskate	Advanced Development Off Ice Class	8:00 - 9:00 pm CLUB ICE TBC													
8:15																
8:30																
8:45																