

Summer 2026 (July 13 - Aug 28)

Summer 2026 (July 13 - Aug 28)																																									
MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY					
Time	Starbucks	VFMH Rink 3	MPR	Time	Starbucks	VFMH Rink 3	MPR	Time	Starbucks	VFMH Rink 3	MPR	Time	Starbucks	VFMH Rink 3	MPR	Time	Starbucks	VFMH Rink 3	MPR	Time	VFMH Rink 3	Time	VFMH Rink 3	Time	VFMH Rink 3																
6:00am		Aspire		6:00am		Aspire		6:00am		Aspire		6:00am		Aspire		6:00am		Aspire		6:00am		6:00am		6:00am																	
6:15am		Freestyle		6:15am		Freestyle		6:15am		Freestyle		6:15am		Freestyle		6:15am		Freestyle		6:15am		6:15am		6:15am																	
6:30am				6:30am				6:30am				6:30am				6:30am				6:30am		6:30am		6:30am																	
6:45am				6:45am				6:45am				6:45am				6:45am				6:45am		6:45am		6:45am																	
7:00am		Aspire		7:00am		Aspire		7:00am		Aspire		7:00am		Aspire		7:00am		Aspire		7:00am		7:00am	OPEN	7:00am																	
7:15am		Freestyle		7:15am		Freestyle		7:15am		Freestyle		7:15am		Freestyle		7:15am		Freestyle		7:15am		7:15am	Freestyle	7:15am																	
7:30am				7:30am				7:30am				7:30am				7:30am				7:30am		7:30am	Cuttiefish 4+	7:30am																	
7:45am				7:45am				7:45am				7:45am				7:45am				7:45am		7:45am	Adult 2+	7:45am																	
8:00am		Aspire		8:00am		Aspire		8:00am		ICE CUT		8:00am		Aspire		8:00am		Aspire		8:00am		8:00am	OPEN	8:00am	OPEN																
8:15am		Freestyle		8:15am		Freestyle		8:15am		Adult Edge Class		8:15am		Freestyle		8:15am		Freestyle		8:15am		8:15am	Freestyle	8:15am	Freestyle																
8:30am				8:30am				8:30am		Adult Edge Class		8:30am				8:30am				8:30am		8:30am	Cuttiefish 4+	8:30am	OPEN																
8:45am				8:45am	ICE CUT			8:45am	Aspire			8:45am	ICE CUT			8:45am	ICE CUT			8:45am	ICE CUT	8:45am	Adult 2+	8:45am	Adult 2+																
9:00am		ICE CUT		9:00am	Aspire	ICE CUT		9:00am	Aspire	ICE CUT		9:00am	Aspire	ICE CUT		9:00am	Aspire	ICE CUT		9:00am	ICE CUT	9:00am	ICE CUT	9:00am	OPEN																
9:15am		COMPETITIVE		9:15am	Freestyle	COMPETITIVE		9:15am	Freestyle	COMPETITIVE		9:15am	Freestyle	COMPETITIVE		9:15am	Freestyle	COMPETITIVE		9:15am	COMPETITIVE	9:15am	Youth EE	9:15am	Freestyle																
9:30am		Camp		9:30am		Camp		9:30am		Camp		9:30am		Camp		9:30am		Camp		9:30am		9:30am	Youth EE	9:30am	Cuttiefish 4+																
9:45am				9:45am				9:45am				9:45am				9:45am				9:45am		9:45am	Youth EE	9:45am																	
10:00am		Freestyle (60)		10:00am	Aspire	Freestyle (60)		10:00am	Aspire	Freestyle (60)		10:00am	Aspire	Freestyle (60)		10:00am	Aspire	Freestyle (60)		10:00am		10:00am	Youth EE	10:00am	ICE CUT																
10:15am		ICE CUT		10:15am	Freestyle	ICE CUT		10:15am	Freestyle	ICE CUT		10:15am	Freestyle	ICE CUT		10:15am	Freestyle	ICE CUT		10:15am		10:15am	ICE CUT	10:15am																	
10:30am		COMPETITIVE		10:30am		COMPETITIVE		10:30am		COMPETITIVE		10:30am		COMPETITIVE		10:30am		COMPETITIVE		10:30am		10:30am	Youth LTS	10:30am																	
10:45am		Camp		10:45am		Camp		10:45am		Camp		10:45am		Camp		10:45am		Camp		10:45am		10:45am	Youth LTS	10:45am																	
11:00am		Freestyle (45)		11:00am	ICE CUT	Freestyle (45)		11:00am	ICE CUT	Freestyle (45)		11:00am	ICE CUT	Freestyle (45)		11:00am	ICE CUT	Freestyle (45)		11:00am		11:00am	Youth LTS	11:00am																	
11:15am		FS Group (30)		11:15am		FS Group (30)		11:15am		FS Group (30)		11:15am		FS Group (30)		11:15am		FS Group (30)		11:15am		11:15am	Youth LTS	11:15am																	
11:30am		Jumps		11:30am		Jumps		11:30am		Jumps		11:30am		Jumps		11:30am		Jumps		11:30am		11:30am	Youth LTS	11:30am																	
11:45am		OPEN		11:45am		OPEN		11:45am		OPEN		11:45am		OPEN		11:45am		OPEN		11:45am		11:45am	Youth LTS	11:45am																	
12:00		Freestyle	LUNCH	12:00		Freestyle	LUNCH	12:00		Freestyle	LUNCH	12:00		Freestyle	LUNCH	12:00		Freestyle	LUNCH	12:00		12:00	ICE CUT	12:00																	
12:15		Cuttiefish 4+	LUNCH	12:15		Cuttiefish 4+	LUNCH	12:15		Cuttiefish 4+	LUNCH	12:15		Cuttiefish 4+	LUNCH	12:15		Cuttiefish 4+	LUNCH	12:15		12:15	Adult LTS	12:15																	
12:30		Adult 2+	LUNCH	12:30		Adult 2+	LUNCH	12:30		Adult 2+	LUNCH	12:30		Adult 2+	LUNCH	12:30		Adult 2+	LUNCH	12:30		12:30	Adult LTS	12:30																	
12:45		ICE CUT		12:45		ICE CUT		12:45		ICE CUT		12:45		ICE CUT		12:45		ICE CUT		12:45		12:45	Adult LTS	12:45																	
1:00		COMPETITIVE		1:00		COMPETITIVE		1:00		COMPETITIVE		1:00		COMPETITIVE		1:00		COMPETITIVE		1:00		1:00	ICE CUT	1:00																	
1:15		Camp		1:15		Camp		1:15		Camp		1:15		Camp		1:15		Camp		1:15		1:15		1:15																	
1:30			Off-Ice (30 min)	1:30			Off-Ice (30 min)	1:30			Off-Ice (30 min)	1:30			Off-Ice (30 min)	1:30			Off-Ice (30 min)	1:30		1:30		1:30																	
1:45		Freestyle (60)	EEE CAMP	1:45		Freestyle (60)	EEE CAMP	1:45		Freestyle (60)	EEE CAMP	1:45		Freestyle (60)	EEE CAMP	1:45		Freestyle (60)	EEE CAMP	1:45		1:45		1:45																	
2:00		FS Group (15)		2:00		FS Group (15)		2:00		FS Group (15)		2:00		FS Group (15)		2:00		FS Group (15)		2:00		2:00	FS Group (15)	2:00																	
2:15		EEE		2:15		EEE		2:15		EEE		2:15		EEE		2:15		EEE		2:15		2:15	OPEN	2:15																	
2:30		CAMP	Off-Ice (50min)	2:30		CAMP	Off-Ice (50min)	2:30		CAMP	Off-Ice (50min)	2:30		CAMP	Off-Ice (50min)	2:30		CAMP	Off-Ice (50min)	2:30		2:30	Freestyle	2:30	Off-Ice (50min)																
2:45		Freestyle (60)		2:45		Freestyle (60)		2:45		Freestyle (60)		2:45		Freestyle (60)		2:45		Freestyle (60)		2:45		2:45	Cuttiefish 4+	2:45																	
3:00			2:25 - 3:15	3:00			2:25 - 3:15	3:00			2:25 - 3:15	3:00			2:25 - 3:15	3:00			2:25 - 3:15	3:00		3:00	Adult 2+	3:00	2:25 - 3:15																
3:15		ICE CUT		3:15		ICE CUT		3:15		ICE CUT		3:15		ICE CUT		3:15		ICE CUT		3:15		3:15	ICE CUT	3:15																	
3:30		EEE		3:30		EEE		3:30		EEE		3:30		EEE		3:30		EEE		3:30		3:30	OPEN	3:30																	
3:45		CAMP		3:45		CAMP		3:45		CAMP		3:45		CAMP		3:45		CAMP		3:45		3:45	Freestyle	3:45																	
4:00		Freestyle (45)		4:00		Freestyle (45)		4:00		Freestyle (45)		4:00		Freestyle (45)		4:00		Freestyle (45)		4:00		4:00	Cuttiefish 4+	4:00																	
4:15		YOUTH		4:15		YOUTH		4:15		YOUTH		4:15		YOUTH		4:15		YOUTH		4:15		4:15	Adult 2+	4:15																	
4:30		EEE CAMP GR		4:30		EEE CAMP GR		4:30		EEE CAMP GR		4:30		EEE CAMP GR		4:30		EEE CAMP GR		4:30		4:30	OPEN	4:30																	
4:45		EE CAMP		4:45		EE CAMP		4:45		EE CAMP		4:45		EE CAMP		4:45		EE CAMP		4:45		4:45	Freestyle	4:45																	
5:00		LTS CAMP		5:00		LTS CAMP		5:00		LTS CAMP		5:00		LTS CAMP		5:00		LTS CAMP		5:00		5:00	Cuttiefish 4+	5:00																	
5:15		ICE CUT		5:15		ICE CUT		5:15		ICE CUT		5:15		ICE CUT		5:15		ICE CUT		5:15		5:15	Adult 2+	5:15																	
5:30		YOUTH		5:30		YOUTH		5:30		YOUTH		5:30		YOUTH		5:30		YOUTH		5:30		5:30	ICE CUT	5:30																	
5:45		EE Session		5:45		LTS Session		5:45		LTS Session		5:45		LTS Session		5:45		LTS Session		5:45		5:45		5:45																	
6:00				6:00				6:00				6:00				6:00				6:00		6:00		6:00																	
6:15				6:15				6:15				6:15				6:15				6:15		6:15		6:15																	
6:30		ADULT		6:30		ADULT		6:30		ADULT		6:30		ADULT		6:30		ADULT		6:30		6:30		6:30																	
6:45		EE Session		6:45		LTS Session		6:45		LTS Session		6:45		LTS Session		6:45		LTS Session		6:45		6:45		6:45																	
7:00				7:00				7:00				7:00				7:00				7:00		7:00		7:00																	
7:15				7:15				7:15				7:15				7:15				7:15		7:15		7:15																	
7:30		ICE CUT		7:30		ICE CUT		7:30		ICE CUT		7:30		ICE CUT		7:30		ICE CUT		7:30		7:30		7:30																	