

Summer 2025 (July 28th - Aug 24th)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Time	Starbucks	VMMA Risk 3	MPR	Time	Starbucks	VMMA Risk 3	MPR	Time	Starbucks	VMMA Risk 3	MPR	Time	VMMA Risk 3
6:00am		Pre Free +		6:00am		Pre Free +		6:00am		Pre Free +		6:00am	
6:15am		Pre Free +		6:15am		Pre Free +		6:15am		Pre Free +		6:15am	
6:30am		Pre Free +		6:30am		Pre Free +		6:30am		Pre Free +		6:30am	
6:45am		Pre Free +		6:45am		Pre Free +		6:45am		Pre Free +		6:45am	
7:00am		Pre Free +		7:00am		Pre Free +		7:00am		Pre Free +		7:00am	
7:15am		Pre Free +		7:15am		Pre Free +		7:15am		Pre Free +		7:15am	
7:30am		Pre Free +		7:30am		Pre Free +		7:30am		Pre Free +		7:30am	
7:45am		Pre Free +		7:45am		Pre Free +		7:45am		Pre Free +		7:45am	
8:00am		Pre Free +		8:00am		Pre Free +		8:00am		Pre Free +		8:00am	
8:15am		Pre Free +		8:15am		Pre Free +		8:15am		Pre Free +		8:15am	
8:30am		Pre Free +		8:30am		Pre Free +		8:30am		Pre Free +		8:30am	
8:45am		Pre Free +		8:45am		Pre Free +		8:45am		Pre Free +		8:45am	
9:00am		Pre Free +		9:00am		Pre Free +		9:00am		Pre Free +		9:00am	
9:15am		Pre Free +		9:15am		Pre Free +		9:15am		Pre Free +		9:15am	
9:30am		Pre Free +		9:30am		Pre Free +		9:30am		Pre Free +		9:30am	
9:45am		Pre Free +		9:45am		Pre Free +		9:45am		Pre Free +		9:45am	
10:00am		Pre Free +		10:00am		Pre Free +		10:00am		Pre Free +		10:00am	
10:15am		Pre Free +		10:15am		Pre Free +		10:15am		Pre Free +		10:15am	
10:30am		Pre Free +		10:30am		Pre Free +		10:30am		Pre Free +		10:30am	
10:45am		Pre Free +		10:45am		Pre Free +		10:45am		Pre Free +		10:45am	
11:00am		Pre Free +		11:00am		Pre Free +		11:00am		Pre Free +		11:00am	
11:15am		Pre Free +		11:15am		Pre Free +		11:15am		Pre Free +		11:15am	
11:30am		Pre Free +		11:30am		Pre Free +		11:30am		Pre Free +		11:30am	
11:45am		Pre Free +		11:45am		Pre Free +		11:45am		Pre Free +		11:45am	
12:00		Pre Free +		12:00		Pre Free +		12:00		Pre Free +		12:00	
12:15		Pre Free +		12:15		Pre Free +		12:15		Pre Free +		12:15	
12:30		Pre Free +		12:30		Pre Free +		12:30		Pre Free +		12:30	
12:45		Pre Free +		12:45		Pre Free +		12:45		Pre Free +		12:45	
1:00		Pre Free +		1:00		Pre Free +		1:00		Pre Free +		1:00	
1:15		Pre Free +		1:15		Pre Free +		1:15		Pre Free +		1:15	
1:30		Pre Free +		1:30		Pre Free +		1:30		Pre Free +		1:30	
1:45		Pre Free +		1:45		Pre Free +		1:45		Pre Free +		1:45	
2:00		Pre Free +		2:00		Pre Free +		2:00		Pre Free +		2:00	
2:15		Pre Free +		2:15		Pre Free +		2:15		Pre Free +		2:15	
2:30		Pre Free +		2:30		Pre Free +		2:30		Pre Free +		2:30	
2:45		Pre Free +		2:45		Pre Free +		2:45		Pre Free +		2:45	
3:00		Pre Free +		3:00		Pre Free +		3:00		Pre Free +		3:00	
3:15		Pre Free +		3:15		Pre Free +		3:15		Pre Free +		3:15	
3:30		Pre Free +		3:30		Pre Free +		3:30		Pre Free +		3:30	
3:45		Pre Free +		3:45		Pre Free +		3:45		Pre Free +		3:45	
4:00		Pre Free +		4:00		Pre Free +		4:00		Pre Free +		4:00	
4:15		Pre Free +		4:15		Pre Free +		4:15		Pre Free +		4:15	
4:30		Pre Free +		4:30		Pre Free +		4:30		Pre Free +		4:30	
4:45		Pre Free +		4:45		Pre Free +		4:45		Pre Free +		4:45	
5:00		Pre Free +		5:00		Pre Free +		5:00		Pre Free +		5:00	
5:15		Pre Free +		5:15		Pre Free +		5:15		Pre Free +		5:15	
5:30		Pre Free +		5:30		Pre Free +		5:30		Pre Free +		5:30	
5:45		Pre Free +		5:45		Pre Free +		5:45		Pre Free +		5:45	
6:00		Pre Free +		6:00		Pre Free +		6:00		Pre Free +		6:00	
6:15		Pre Free +		6:15		Pre Free +		6:15		Pre Free +		6:15	
6:30		Pre Free +		6:30		Pre Free +		6:30		Pre Free +		6:30	
6:45		Pre Free +		6:45		Pre Free +		6:45		Pre Free +		6:45	
7:00		Pre Free +		7:00		Pre Free +		7:00		Pre Free +		7:00	
7:15		Pre Free +		7:15		Pre Free +		7:15		Pre Free +		7:15	
7:30		Pre Free +		7:30		Pre Free +		7:30		Pre Free +		7:30	

Important Dates	Mondays	Important Dates	Tuesdays	Important Dates	Wednesdays	Important Dates	Thursdays
August 18th - 28th	Rink 1 Freestyles will be on rink #2	July 29 th 7:45am - 10:45am: Pre Freeskate +		August 18 th - 28th	Rink 1 Freestyles will be on rink #2	July 31 st 8:15am - 10:45am: Pre Freeskate +	
		Aug 5 th : 8:45am-10:45am Pre Freeskate +				Aug 7 th 8:15am - 10:45am: Pre Freeskate +	
		Aug 12 th : 7:45am-10:45am Pre-Freeskate +				Aug 14 th 7:45am-10:45am Pre-Freeskate +	
		Aug 19 th : 7:45am-10:45am Pre-Freeskate + (Rink 2)				Aug 20 th 7:45am-10:45am Pre-Freeskate + (Rink 2)	
		Aug 26 th : 8:45am-10:45am Pre-Freeskate + (Rink 2)				Aug 28 th : 8:45am-10:45am Pre-Freeskate + (Rink 2)	

Important Dates	Important Dates
Saturday	Sunday
August 9th	August 17th
No Freestyle Sessions	Synchro Clinic
Taekwido Tournament	Adult & Youth