

# SASC Summer Schedule 2025

## Troy Murray Arena (July 2-July 11)

| Monday                   |                                     | Tuesday                  |                                     | Wednesday                |                                     | Thursday                 |                                     | Friday                                     |
|--------------------------|-------------------------------------|--------------------------|-------------------------------------|--------------------------|-------------------------------------|--------------------------|-------------------------------------|--|
| ICE                      | DRYLAND                             | ICE                      | DRYLAND                             | ICE                      | DRYLAND                             | ICE                      | DRYLAND                             | ICE  |
|                          | Comp Warm-up<br>10:45-11:15am       |                          | Comp Warm-up<br>10:45-11:15am       |                          | Comp Warm-up<br>10:45-11:15am       |                          | Comp Warm-up<br>10:45-11:15am       |  |
| Comp<br>11:30-12:15pm    |                                     | Comp<br>11:30-12:15pm    |                                     | Comp<br>11:30-12:15pm    |                                     | Comp<br>11:30-12:15pm    |                                     | Comp 11:30-12:15pm<br>Spin 12:15-12:30pm   |
| Flood 12:15              |                                     | Flood 12:15              |                                     | Flood 12:15              |                                     | Flood 12:15              |                                     | Flood 12:30                                |
| Comp<br>12:30-1:15pm     |                                     | Comp<br>12:30-1:15pm     |                                     | Comp<br>12:30-1:15pm     |                                     | Comp<br>12:30-1:15pm     |                                     | Comp<br>Group/Development<br>12:45-1:30pm  |
| D/SS<br>1:15-1:45pm      | Int/Sr Dryland<br>1:00-1:45pm       | Stroking<br>1:15-1:45pm  | Int/Sr Dryland<br>12:45-1:45pm      | D/SS<br>1:15-1:45pm      | Int/Sr Dryland<br>12:45-1:45pm      | Stroking<br>1:15-1:45pm  | Int/Sr Dryland<br>1:00-1:45pm       | Flood 1:30                                 |
| Flood 1:45               |                                     | Flood 1:45               |                                     | Flood 1:45               |                                     | Flood 1:45               |                                     |  |
| Int/Sr<br>2:00-2:45pm    | Comp Dryland<br>2:00-2:45pm         | Int/Sr<br>2:00-2:45pm    | Comp Dryland<br>2:00-3:00pm         | Int/Sr<br>2:00-2:45pm    | Comp Dryland<br>2:00-3:00pm         | Int/Sr<br>2:00-2:45pm    | Comp Dryland<br>2:00-2:45pm         | Int/Sr 1:45-2:30pm<br>Spin 2:30-2:45pm     |
| Flood 2:45               |                                     | Flood 2:45               |                                     | Flood 2:45               |                                     | Flood 2:45               |                                     | Flood 2:45                                 |
| Int/Sr/Jr<br>3:00-3:45pm |                                     | Int/Sr/Jr<br>3:00-3:45pm |                                     | Int/Sr/Jr<br>3:00-3:45pm |                                     | Int/Sr/Jr<br>3:00-3:45pm |                                     | Int/Sr<br>Group/Development<br>3:00-3:45pm |
| D/SS<br>3:45-4:15pm      |                                     | Stroking<br>3:45-4:15pm  |                                     | D/SS<br>3:45-4:15pm      |                                     | Stroking<br>3:45-4:15pm  |                                     | END 3:45                                   |
| END 4:15                 |                                     | END 4:15                 |                                     | END 4:15                 |                                     | END 4:15                 |                                     |  |
|                          | Int/Sr/Jr<br>Dryland<br>4:30-5:00pm |                          | Int/Sr/Jr<br>Dryland<br>4:30-5:00pm |                          | Int/Sr/Jr<br>Dryland<br>4:30-5:00pm |                          | Int/Sr/Jr<br>Dryland<br>4:30-5:00pm |  |

## DRYLAND Schedule

TROY MURRAY ARENA & SERVUS PLACE

Weeks 1-2 (July 2-11)

### LEGEND

COMP

INTR/SR only

INTR/SR/JR

| Monday  | Tuesday   | Wednesday   | Thursday  |
|---|---|---|---|
| <i>Coach Led (Warm Up Area)</i><br><i>Sport Specific Jump Technique</i> | <i>Coach Led (Warm Up Area)</i><br><i>Sport Specific Jump Technique</i> | <i>Coach Led (Warm Up Area)</i><br><i>Sport Specific Jump Technique</i> | <i>Coach Led (Warm Up Area)</i><br><i>Sport Specific Jump Technique</i> |
| <i>Elise (Troy Murray)</i><br><i>Dance</i>                              | <i>Jay (Track Corner 3)</i><br><i>HIIT Training</i>                     | <i>Kim (Troy Murray)</i><br><i>Yoga</i>                                 | <i>Elise (Troy Murray)</i><br><i>Ballet</i>                             |
| <i>Elise (Troy Murray)</i><br><i>Dance</i>                              | <i>Jay (Track Corner 3)</i><br><i>HIIT Training</i>                     | <i>Kim (Troy Murray)</i><br><i>Yoga</i>                                 | <i>Elise (Troy Murray)</i><br><i>Ballet</i>                             |
| <i>Coach Led (Troy Murray)</i><br><i>Sport Specific Jump Class</i>      | <i>Coach Led (Troy Murray)</i><br><i>Sport Specific Jump Class</i>      | <i>Coach Led (Troy Murray)</i><br><i>Sport Specific Jump Class</i>      | <i>Coach Led (Troy Murray)</i><br><i>Sport Specific Jump Class</i>      |

## SASC Evening Programming

Troy Murray Arena (July 2- Aug 7)

| Monday                |                                    | Tuesday  |  | Wednesday  |  | Thursday              |                            |
|-----------------------|------------------------------------|--|--|--|--|-----------------------|----------------------------|
| Troy Murray Arena     |                                    | Troy Murray Arena  |  | Troy Murray Arena  |  | Troy Murray Arena     |                            |
| Star 1<br>6:00-7:00pm | Adult/Open<br>Academy<br>6:00-7:00 | -Canskate (5+) 6:00-6:45pm<br>-Pre-Power 6:00-6:45pm<br>-Canskate (3-5) 6:15-6:45pm<br>-Parent/Tot 6:15-6:45pm |  | -Canskate (5+) 6:00-6:45pm<br>-Pre-Figure 6:00-6:45pm<br>-Canskate (3-5) 6:15-6:45pm |  | Star 1<br>6:00-7:00pm | Adult Group<br>6:15-7:00pm |
|                       |                                    | END 6:45   |  | END 6:45   |  |                       |                            |
| END 7:00              |                                    |  |  |  |  | END 7:00              |                            |

**\*\*Open Academy sessions are open for drop in for ANY level of Academy Skaters**