

Delta Skating Club Spring 2026

Tilbury Ice March 30th - May 26th
North Delta Recreation Center June 3rd - June 28th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Podium Pathway Training 6:30am-7:30am		Podium Pathway Training 6:30am-7:30am	Open Session 3:30pm-4:15pm	Podium Pathway Training 6:30am-7:30am	CanSkate 12:45pm-1:30pm	Ice Dance / Pairs/ Synchro skills 3:15pm-4:15pm
Open Session 7:15am-8:00am		Open Session 7:15am-8:00am	Rising Stars Academy/ STAR 1/ Junior Development 4:15pm-5:00pm	Open Session 7:15am-8:00am	PreCanSkate 12:55pm-1:30pm	Open Session 4:15pm-5:15pm
Open Session 11:30am-12:30pm		Open Session 3:30pm-4:15pm	FLOOD	Open Session 11:30am-12:30pm	Rising Stars Academy 12:45pm-1:30pm	FLOOD
PreCanSkate 11:30am-12:00pm		Junior 4:15pm-5:00pm	STAR 4+ 5:15pm-6:30pm	PreCanSkate 11:30am-12:00pm	STAR 1 / Junior Development 1:30pm-2:15pm	Rising Stars Academy / STAR 1 5:30pm-6:15pm
		FLOOD			FLOOD	PrePowerSkate 5:30pm-6:15pm
		CanSkate / Youth/ Adult CanSkate 5:15pm-6:00pm			STAR 1 / Junior 2:30pm-3:15pm	Junior 6:15pm-7:00pm
		PreCanSkate 5:25pm-6:00pm			Open Session 3:15pm-4:15pm	Flood
		Rising Stars Academy / STAR 1 6:00pm-6:45pm			STAR 4+ Development 4:15pm-4:45pm	Spin Patch Junior / STAR 4+ 7:15pm-7:30pm
		FLOOD			FLOOD	STAR 4+ 7:30pm-8:15pm
		STAR 4+ 7:00pm-8:00pm			STAR 4+ 5:00pm-6:00pm	PowerSkate 8:15pm-9:00pm
		Open Session 8:00pm-9:00pm			STAR 6+ 6:00pm-6:45pm	
					Pairs 6:00pm-6:45pm	

OFF-ICE

Podium Pathway Training 7:40am-8:00am	Podium Pathway Training 7:40am-8:00am	STAR 4+ 4:30pm-5:00pm	Podium Pathway Training 7:40am-8:00am	STAR 1 / Junior 12:45pm-1:15pm	Rising Stars Academy / STAR 1 4:45pm-5:15pm
STAR 1-3 3:45pm-5:45pm Fitness 45min, Jump Technique 45min, Flexibility 30min	Junior 5:15pm-5:45pm	Rising Stars Academy/ STAR 1/ Junior 5:15pm-5:45pm	STAR 1-3 3:45pm-5:45pm Fitness 45min, Jump Technique 45min, Flexibility 30min	Rising Stars Academy 1:45pm-2:15pm	Junior 5:30pm-6:00pm
Star 4+ (PPT) Off-ice 5:45pm-7:45pm Fitness 20min, Technique 45min, Core Stability 25min, Flexibility 30min	STAR 4+ 6:15pm-6:45pm		Star 4+ (PPT) Off-ice 5:45pm-7:45pm Fitness 20min, Technique 45min, Core Stability 25min, Flexibility 30min	STAR 4+ 6:15pm-6:45pm	STAR 4+ 6:30pm-7:00pm
	STAR 1 7:00pm-7:30pm			STAR 6+ 7:00pm-7:30pm	
				Pairs 7:00pm-7:30pm	

Spinner

5:00pm-5:20pm
5:20pm-5:40pm
5:50pm-6:10pm
6:10pm-6:40pm

Spinner

5:00pm-5:20pm
5:20pm-5:40pm
5:50pm-6:10pm
6:10pm-6:40pm

Spinner SDRC

11:00am-11:20am
11:20am-11:40am
11:40pm-12:00pm

Spinner LLC

1:20pm-1:40pm
1:40pm-2:00pm
2:00pm-2:20pm