JULY 7- AUGUST 8, 2025

ICE EDGE SUMMER 2025

LEARN FROM THE BEST & BECOME THE BEST VERSION OF YOURSELF !!

Star Skate & Pre Star

Summer Ice Training

Monday, Tuesday Wednesday Thursday

Freeskate, Skills, Dance and Stroking for Star Skaters 1- Gold with private and group lessons from IESC SKATE CANADA PROFESSIONAL COACHES. Fun theme weeks with dress up and prizes every Thursday !

Week # 1 July 7, 8, 9, 10 - Stampede Fun

Week # 2 July 14, 15, 16, 17 - Beach Vacation

Week # 3 July 21, 22, 23, 24 - Circus Sparkle

Week # 4 July 28, 29, 20, 31 - Super Hero

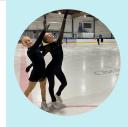
Week # 5 Aug 5, 6, 7 - Movie Star Magic (no class Monday Heritage Day Aug 4)

Summer Skate by the Lake - Friday July 18 (Star 1-3)

Test Day - Friday August 8 (Star 4 +)

Mondays 11:15-12:15 Multi style Dance and Acro Sessions

Learn new combinations and explore different dance styles to improve your on ice performance quality!



SCHEDULE

8:00 am off -ice warm up lobby

8:15 - 11:00 am

on ice

Star Skate lessons in Freeskate, Skills & Dance.

Group Stroking

PRESTAR on ice

9:30-11:00 am

Dryland

11:15- 12:15 pm

Wednesdays 12:15-1:15

MENTAL SKILLS



Increase your confidence and improve your training with mental skills & information workshops for developing athletes.

Tuesdays and Thursdays 11:15- 12:15

WORKSHOP

Overcoming Anxiety

Fitness and Flexibility

WORKSHOP

Evaluate under pressure

Dryland training is essential part of a Star Skaters routine. Improve your jump technique, increase your flexibility and gain strength and rotational speed with progressive sessions designed to reduce injuries, learn new skills and compliment all areas of your on ice learning.



