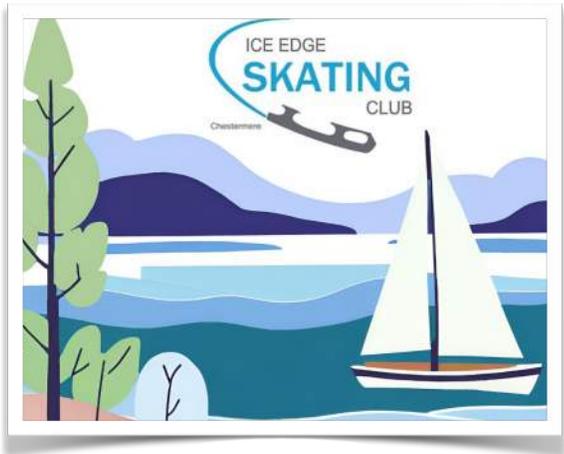


JULY 6- AUGUST 7, 2026

Ice Edge Figure Skating Club SUMMER 2026

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



Star Skate Summer Ice Training

Monday Tuesday Wednesday Thursday

Freeskate, Skills, Dance and Stroking for Star 1- Gold

Private and group lessons from IESC SKATE CANADA PROFESSIONAL COACHES. Fun theme weeks and dress up and prizes every Thursday !

Week # 1 July 6, 7, 8, 9

Stampede Fun

Week # 2 July 13, 14, 15, 16

Beach Vacation

Friday July 17

Skate by the Lake

Week # 3 July 20, 21, 22, 23

Sparkle & Shine

Week # 4 July 27, 28, 29, 30

Rainforest

Week # 5 August 4, 5, 6

Pop Stars

SCHEDULE

Weeks

1, # 2, # 3, # 4

Mon, Tues,
Wed Thurs

StarSkate

8:00 am off
ice warm up
lobby

8:30 - 11:00 am
Star Skate
on ice

11:15-12:15
Dryland

Wednesdays
12:15 - 1:15
Mental Skills

Pre Star
9:30 -11:00 am
on ice
11:15- 12:15
off ice

SCHEDULE

Week # 5

Tues, Wed
Thurs

StarSkate

8:15 am off ice
warm up
lobby

8:45 - 11:15 am
Star Skate
on ice

11:45 -12:45
Dryland

Wednesdays
12:45 - 1:45
Mental Skills

Pre Star
9:45 -11:15 am
on ice
11:45 - 12:45
off ice





Mental Skills Training

12:15 pm - 1:15 pm Wednesdays / Week # 5 12:45 -1:45 pm

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

1

Wednesday July 8
Positive Self Talk

2

Wednesday July 15
Self Confidence

3

Wednesday July 22
**Training like a
Champion**

4

Wednesday July 29
Overcoming Anxiety

5

Wednesday August 5
**Evaluate under
Pressure**

Fitness and Flexibility

11:15-12:15 pm / Week # 5 11:45-12:45 pm

Mondays, Tuesdays Wednesdays Thursdays

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 Skaters will also explore new dance styles to improve their on ice performance style

ICE EDGE FIGURE SKATING CLUB

“Be The Best Version of Yourself !”

iceedgeskatingclub.com

