



2025-2026 Summer



Int/Sr StarSkate

Week 1- June 29-July 4 (Theme day Thursday- PJ Day)

Monday 1:30-5:00	Tuesday 1:30-5:00	Wednesday 3:45-5:45	Thursday 2:30-6:00
1:30-2:00 Independent Warm-up	1:30-2:00 Independent Warm-up	3:45-4:45 FreeSkate	2:30-3:00 Independent Warm-up
2:15-3:00 FreeSkate	2:15-3:00 FreeSkate	5:00-5:45 Off-ice	3:15-4:00 FreeSkate
3:00-3:15 Flood	3:00-3:15 Flood	Red and White Day	4:00-4:15 Flood
3:15-4:00 FreeSkate	3:15-4:00 FreeSkate		4:15-5:00 FreeSkate
4:15-5:00 Off-ice	4:15-5:00 Off-ice		5:15-6:00 Off-ice

Week 2- July 6-9 (Theme day Thursday- Beach Day)

Monday 1:30-5:00	Tuesday 1:30-5:00	Wednesday 2:00-5:45	Thursday 2:00-4:45
1:30-2:00 Independent Warm-up	1:30-2:00 Independent Warm-up	2:00-2:30 Independent Warm-up	2:00-2:30 Independent Warm-up
2:15-3:00 FreeSkate	2:15-3:00 FreeSkate	2:45-3:30 FreeSkate	2:45-3:45 FreeSkate
3:00-3:15 Flood	3:00-3:15 Flood	3:30-3:45 Flood	4:00-4:45 Off-ice
3:15-4:00 FreeSkate	3:15-4:00 FreeSkate	3:45-4:45 FreeSkate	
4:15-5:00 Off-ice	4:15-5:00 Off-ice	5:00-5:45 Off-ice	

Week 3- July 13-16 (Theme day Thursday -Twin Day)

Monday 1:30-5:00	Tuesday 3:00-6:30	Wednesday 2:00-5:45	Thursday 2:00-4:45
1:30-2:00 Independent Warm-up	3:00-3:30 Independent Warm-up	2:00-2:30 Independent Warm-up	2:00-2:30 Independent Warm-up
2:15-3:00 FreeSkate	3:45-4:30 FreeSkate	2:45-3:30 FreeSkate	2:45-3:45 FreeSkate
3:00-3:15 Flood	4:30-4:45 Flood	3:30-3:45 Flood	4:00-4:45 Off-ice
3:15-4:00 FreeSkate	4:45-5:30 FreeSkate	3:45-4:45 FreeSkate	
4:15-5:00 Off-ice	5:45-6:30 Off-ice	5:00-5:45 Off-ice	

Week 4- July 20-24 (Theme day Thursday - Superhero Day)

Monday 3:15-6:00	Tuesday 3:00-7:15	Wednesday 3:00-6:30	Thursday 3:00-6:30
3:15-3:45 Independent Warm-up	3:00-3:30 Independent Warm-up	3:00-3:30 Independent Warm-up	3:00-3:30 Independent Warm-up
4:00-5:00 FreeSkate	3:45-5:00 Simulations	3:45-4:30 FreeSkate	3:45-4:30 FreeSkate
5:15-6:00 Off-ice	5:00-5:15 Flood	4:30-4:45 Flood	4:30-4:45 Flood
Millwoods arena	5:15-6:15 FreeSkate	4:45-5:30 FreeSkate	4:45-5:30 FreeSkate
	6:30-7:15 Off-ice	5:45-6:30 Off-ice	5:45-6:30 Off-ice

Week 5- July 27-30 (Theme day Thursday - Jersey Day)

Monday 1:30-5:00	Tuesday 3:00-6:30	Wednesday 2:00-5:45	Thursday 1:30-5:00
1:30-2:00 Independent Warm-up	3:00-3:30 Independent Warm-up	2:00-2:30 Independent Warm-up	1:30-2:00 Independent Warm-up
2:15-3:00 FreeSkate	3:45-4:30 FreeSkate	2:45-3:30 FreeSkate	2:15-3:00 FreeSkate
3:00-3:15 Flood	4:30-4:45 Flood	3:30-3:45 Flood	3:00-3:15 Flood
3:15-4:00 FreeSkate	4:45-5:30 FreeSkate	3:45-4:45 FreeSkate	3:15-4:00 FreeSkate
4:15-5:00 Off-ice	5:45-6:30 Off-ice	5:00-5:45 Off-ice	4:15-5:00 Off-ice