

Skate Oakville Fall Winter 2025 / 2026

DRYLAND TRAINING

	MONDAY		TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		SUNDAY	
	Room	Bowl	Room #1	Room #2	Bowl	Room #2	Bowl	Holy Trinity	Room #1	Room #2	Bowl	Room #1	Room #2	Room #1	Bowl
6:00															
6:15															
6:30															
6:45															
7:00															
7:15															
7:30															
7:45															
8:00															
8:15															
8:30															
8:45															
9:00														Elementary 8:40 to 9:40	Beginner 1 9:10 to 9:55
9:15															
9:30															
9:45															
10:00															
10:15															
10:30															
10:45															
11:00															
11:15															
11:30															
11:45															
12:00															
12:15															
12:30															
12:45															
1:00		Pairs 1:00 - 2:00					Pairs 1:00 - 2:00		Pairs 1:00 - 2:00						
1:15															
1:30															
1:45															
2:00															
2:15															
2:30															
2:45															
3:00															
3:15															
3:30															
3:45															
4:00															
4:15															
4:30		Comp 4 4:15 - 5:15		Comp 4 4:15 - 5:00			Comp 4 4:15 - 5:15				Comp 4 4:15 - 5:00		Comp 3 & 4 4:00 - 5:00		Juvenile 3:50 to 4:40
4:45															
5:00															
5:15															
5:30		Comp 3 5:30 - 6:15		Comp 2 5:00 - 5:45			Comp 3 5:30 - 6:15						Pre Novice 5:00 - 6:00		Novice 4:30 to 5:45
5:45				Comp 3 5:45 - 6:30		Intermediate 5:45 to 6:45			Pre Comp & Comp 1 6:00 - 6:45	Intermediate 6:00 - 7:00	Comp 3 6:15 - 7:00		Comp 2 5:00 - 5:45		
6:00															
6:15			Novice 6:00 to 7:20					Novice 6:00 - 7:00							
6:30	Juvenile 6:30 to 7:30				Pre Comp & Comp 1 6:30 - 7:15										
6:45		Comp 2 7:00 - 7:45													
7:00															
7:15															
7:30															
7:45															
8:00															
8:15															
8:30															
8:45															
9:00															
Instructors:	Aidan/Meagan - Pairs Comp 4, 3, 2 (Every other week) Kelly Skipping		Instructors: Jessie Dance - Comp 4, 2, 3 Meagan/Sakura/Aidan - Comp 1			Instructors: Meagan - Pairs, Comp 4, 3, 2			Instructors: Josephine Essentrics - Pairs Lisa Yoga - Comp 4, 3, 2 Meagan/Sakura/Aidan - Comp 1			Instructors: Derek - Comp 3, 4 & 2			