

Winter 2025/2026

Monday	
4:00-5:15	Star 2-3
5:15-5:30	Flood
5:30-6:15	CanSkate
6:15-7:45	Star 4+

Tuesday	
4:15-5:45	Star 2-3
5:45-6:00	Flood
6:00-6:30	Pre-CanSkate
6:00-6:45	Pre-PowerSkate
6:45-7:45	Adult FS Icebreakers

Wednesday	
4:00-5:45	Star 4+
5:45-6:00	Flood
6:00-6:45	CanSkate
6:45-7:45	Jumpstart / Star 1

***Star 2+ off-ice:** Every 1st, 3rd & 5th (when applicable) Thursday each month at the Riverview Lions Club
****Star 8 synchro team off-ice:** (Star 4+) every 2nd and 4th Thursday of each month at the Rink

Thursday	
4:00-6:00	Star 4+
6:00-6:15	Flood
6:15-6:45	Pre-CanSkate
7:00-8:00	Star 2+ off-ice*
	Star 8 synchro team off-ice**

Friday	
4:00-5:00	Star 2-3
5:00-6:15	Star 4+

Sunday	
11:45-12:30	Jumpstart / Star 1
12:30-1:30	Star 2-3 Synchro
1:30-1:45	Flood
1:45-2:45	Star 8 Synchro
2:45-3:00	Flood
3:00-4:30	Open Synchro
4:30-4:45	Flood
4:45-5:45	Adult 1 Synchro
5:45-6:00	Flood
6:00-7:00	Adult FS Icebreakers
	Group lessons
7:00-7:45	Adult 3 Synchro