

## 2025-2026 Tillsonburg Skating Schedule

Tuesday Pm	Star 4 and up	Tuesday Pm	Star 1-3			Tuesday Pm	Fast Track
3:30-4:35	Freestyle	5:15- 6:00	Off ice jump technique/stretch				
4:35 - 4:45	FLOOD	6:05-6:15	FLOOD				
4:45-5:45	Freestyle, Dance, Skills	6:15-6:35	Stroking			6:15- 7:05	FAST TRACK
5:45 - 6:05	Stroking	6:30-7:20	Freestyle, Dance, Skills				
6:05 - 6:15	FLOOD						
6:15-7:15	Off ice training and jump technique						
Thursday Pm	Star 4 and up	Thursday Pm	Star 1-3	Thursday	Canskate	Thursday	Fast Track
3:30-4:50	Freestyle						
4:50-5:00	FLOOD						
5:00-5:25	Freestyle, Dance, skills	6:30-6:50	Stroking	5:45-6:15	Stage 1 - 2	6:15-6:50	CANSKATE FAST TRACK
5:25 - 5:40	Endurance Stroking	6:50 -7:00	FLOOD	5:45-6:30	Stage 3-6	6:50 - 7:00	FLOOD
5:40-5:45	CANSKATE SET UP	7:00-7:50	Freestyle, dance, skills			7:00 - 7:20	CANSKATE FAST TRACK
Saturday Am	Star 4 and up	Saturday Am	Star 1-3	Saturday	CanSkate	Saturday	CANSKATE FAST TRACK
7:30-8:30	Off Ice	7:00 - 7:20	Stroking	10:20 - 10:50	Stage 1 - 2		
8:35-8:45	FLOOD	7:20-8:35	Freestyle, Dance, Skills	10:20 - 11:05	Stage 3-6	7:50-8:35	CANSKATE FAST TRACK
8:45-9:50	Freestyle, Dance, Skills	8:35-8:45	FLOOD				
9:50 - 10:05	Stroking	8:45-9:45	Off Ice				
10:10-10:15	Flood						
10:15-10:20	CANSKATE SET UP						
Ticket Ice Monday/Friday Am		Ticket Ice Monday/Friday Am					
6:10-6:25	Warm up off ice technique/Stretch	6:10-6:25	Warm up off ice technique/Stretch				
6:30-8:00	Freestyle, Dance , Skills	6:30-8:00	Freestyle, Dance , Skills				

TIME CHANGE (6:30 am - 10:45am)

Saturday, November 1  
Saturday, November 22  
Saturday, December 6

Friday, January 31  
Friday February 14  
Friday, March 7

NO ICE

Thanksgiving- October 13 2025  
October 18 2025  
Family Day- February 16 2026