



DSC Summer 2025

August 5-15, 2025

Week 6: August 5-8, 2025 - Southside Arena (10525-72 Avenue)

	Monday	Tuesday	Wednesday	Thursday	Friday
Apr 4/25		August 5, 2025	August 6, 2025	August 7, 2025	August 8, 2025
Civic Holiday		Gold 3:30-4:30pm	Gold 3:30-4:30pm	Gold 3:30-4:30pm	Gold 3:30-4:30pm
		Gold - Off Ice Fitness 4:45-5:15 pm	Gold - Off Ice Jump 4:45-5:15 pm	Gold - Off Ice Fitness 4:45-5:15 pm	Gold - Off Ice Flexibility 4:45-5:15 pm
		Junior Silver 4:30-5:15pm	Junior Silver 4:30-5:15pm	Junior Silver 4:30-5:15pm	Junior Silver 4:30-5:15pm
		JrSilver - Off Ice Fitness 5:30-6:00 pm	JrSilver - Off Ice Jump 5:30-6:00 pm	JrSilver - Off Ice Fitness 5:30-6:00 pm	JrSilver - Off Ice Flex 5:30-6:00 pm
		FLOOD	FLOOD	FLOOD	FLOOD
		SrSilver - Off Ice Fitness 4:45-5:15 pm	SrSilver - Off Ice Jump 4:45-5:15 pm	SrSilver - Off Ice Fitness 4:45-5:15 pm	SrSilver - Off Ice Flex 4:45-5:15 pm
		Senior Silver 5:30-6:30 pm	Senior Silver 5:30-6:30 pm	Senior Silver 5:30-6:30 pm	Senior Silver 5:30-6:30 pm

*Subject to changes

Week 7: August 11-15, 2025 - Southside Arena (10525-72 Avenue)

	Monday	Tuesday	Wednesday	Thursday	Friday
Apr 3/25	August 11, 2025	August 12, 2025	August 13, 2025	August 14, 2025	August 15, 2025
	Gold 2:00-3:00 pm	Gold 2:00-3:00 pm	Gold 2:00-3:00 pm	Gold 2:00-3:00 pm	Gold 2:00-3:00 pm
	Gold - Off Ice Jump 3:15-3:45 pm	Gold - Off Ice Fitness 3:15-3:45 pm	Gold - Off Ice Jump 3:15-3:45 pm	Gold - Off Ice Fitness 3:15-3:45 pm	Gold - Off Ice Flexibility 3:15-3:45 pm
	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
	Sr Silver 3:15-4:15 pm	Sr Silver 3:15-4:15 pm	Sr Silver 3:15-4:15 pm	Sr Silver 3:15-4:15 pm	Sr Silver 3:15-4:15 pm
	SrSilver - Off Ice Jump 4:30-5:00 pm	SrSilver - Off Ice Fitness 4:30-5:00 pm	SrSilver - Off Ice Jump 4:30-5:00 pm	SrSilver - Off Ice Fitness 4:30-5:00 pm	SrSilver - Off Ice Flex 4:30-5:00 pm
	FLOOD	FLOOD	FLOOD	FLOOD	FLOOD
	Jr Silver 4:30-5:30 pm	Jr Silver 4:30-5:30 pm	Jr Silver 4:30-5:30 pm	Jr Silver 4:30-5:30 pm	Jr Silver 4:30-5:30 pm
	JrSilver - Off Ice Jump 5:45-6:15 pm	JrSilver - Off Ice Fitness 5:45-6:15 pm	JrSilver - Off Ice Jump 5:45-6:15 pm	JrSilver - Off Ice Fitness 5:45-6:15 pm	JrSilver - Off Ice Flex 5:45-6:15 pm
	JrBronze - Off Ice 4:45-5:15 pm	JrBronze - Off Ice 4:45-5:15 pm	JrBronze - Off Ice 4:45-5:15 pm	JrBronze - Off Ice 4:45-5:15 pm	JrBronze - Off Ice 4:45-5:15 pm
	Jr Bronze 5:30-6:30 pm	Jr Bronze 5:30-6:30 pm	Jr Bronze 5:30-6:30 pm	Jr Bronze 5:30-6:30 pm	Jr Bronze 5:30-6:30 pm

*Subject to changes