



Connaught Skating Club — Fall 2026

Bronze Program Schedule

Fall 2026 season (Sept 8 – Dec 18, 2026) | Sessions held at Minoru Arenas (7551 Minoru Gate), the Richmond Oval (6111 River Rd), and Richmond Ice Centre (RIC) (14140 Triangle Rd), Richmond, BC

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Bronze (Pod 1 & 2) Group	3:30-4:30pm	Minoru - Silver	Oct 12, Nov 16	12	60 mins	\$390	No Class Nov 16 (Jingle Blades Simulation) Location Dec 14 - Minoru - Stadium
	Bronze (Pod 1 & 2) Off Ice - Dryland	4:45-5:30pm	Minoru - Rinkside	Oct 12, Nov 16	12	45 mins		No Class Nov 16 (Jingle Blades Simulation)
TUESDAY	Bronze (Pod 1 & 2) Freeskate	3:30-4:30pm	RIC - Igloo		15		\$338	
	Bronze (Pod 1 & 2) Off Ice - Stretch	4:45-5:30pm	Watermania		15	45 mins		Location Sep 8, 15, 22, 29 - Holiday Inn
THURSDAY	Bronze (Pod 1 & 2) Freeskate	4:15-5:00pm	Minoru - Silver	Dec 17	14		\$273	Location Dec 10 - Minoru - Stadium
	Bronze (Pod 1 & 2) Off Ice - Dance	5:15-6:00pm	Minoru - Mezzanine	Dec 17	14	45 mins		
FRIDAY	Bronze (Pod 1 & 2) Freeskate	3:30-4:15pm	Minoru - Silver	Oct 23	14		\$273	Location Dec 18 - Minoru - Stadium
	Bronze (Pod 1 & 2) Off Ice - Stretch	4:45-5:30pm	Minoru - Cultural Centre, Performing Arts	Oct 23	14	45 mins		
SUNDAY	Bronze Pod 1 Freeskate	8:45-9:30am	Oval - South	Nov 15	13		\$260	No Class Nov 15 (Jingle Blades Simulation)
	Bronze (Pod 1 & 2) Group	9:30-10:00am	Oval - South	Nov 15	13	30 mins		No Class Nov 15 (Jingle Blades Simulation)
	Bronze Pod 2 Freeskate	10:00-10:45am	Oval - South	Nov 15	13			No Class Nov 15 (Jingle Blades Simulation)

OPEN & Competitive Day Ice

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Open Freeskate	6:30-8:00am	Minoru - Silver	Oct 12	13		\$182	Location Dec 14 - Minoru - Stadium Max 1 hour per session
	BSG Open Freeskate	11:45am-12:45pm	Oval - North	Oct 12	13		\$221	
TUESDAY	Bronze/Silver Open	2:15-3:15pm	Minoru - Silver		15		\$210	
WEDNESDAY	Open Freeskate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 16 - Minoru - Stadium Max 1 hour per session
	BSG Open Freeskate	11:45am-12:45pm	Oval - North		15		\$255	
THURSDAY	Bronze/Silver Open	2:15-3:15pm	Minoru - Silver	Dec 17	14		\$196	Location Dec 10 - Minoru - Stadium
FRIDAY	Open Freeskate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 18 - Minoru - Stadium Max 1 hour per session
	BSG Open Freeskate	11:45am-12:45pm	Oval - North		15		\$255	
SUNDAY	Open Freeskate	8:45-9:45am	Minoru - Silver		14		\$196	

Notes:

-The \$65 Skate Canada fee is payable once per skater per skater year (Sept 2026-Aug 2027).

-"Pod 1 & 2" indicates Pod 1 and Pod 2 combined into a single session.

-The "Jingle Blades" simulation (Nov 15/16) replaces the regular session on the noted date.

Classes held at:

Minoru Arenas (7551 Minoru Gate), the Richmond Oval (6111 River Rd), and Richmond Ice Centre (RIC) (14140 Triangle Rd), Richmond, BC



Connaught Skating Club — Fall 2026

Silver Program Schedule

Fall 2026 season (Sept 8 – Dec 18, 2026) | Sessions held at Minoru Arenas (7551 Minoru Gate), the Richmond Oval (6111 River Rd), and Richmond Ice Centre (RIC) (14140 Triangle Rd), Richmond, BC

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Silver (Pod 1 & 2) Freeskate	3:30-4:30pm	Minoru - Stadium	Oct 12, Nov 16, Dec 14	11		\$248	No Class Nov 16 (Jingle Blades Simulation)
	Silver (Pod 1 & 2) Off Ice - Dryland	4:45-5:30pm	Minoru - Mezzanine	Oct 12, Nov 16, Dec 14	11	45 mins		No Off Ice Nov 16 (Jingle Blades Simulation)
WEDNESDAY	Silver (Pod 1 & 2) Freeskate	3:30-4:30pm	Minoru - Silver		15		\$338	Location Dec 16 - Minoru - Stadium
	Silver (Pod 1 & 2) Off Ice - Dryland	4:45-5:30pm	Minoru - Mezzanine		15	45 mins		
THURSDAY	Silver (Pod 1 & 2) Group	3:45-4:45pm	RIC - Coliseum		15	60 mins	\$526	
	Silver (Pod 1 & 2) Off Ice	5:00-6:00pm	Watermania	Nov 12	14	60 mins		Location Sep 10, 17, 24 - Holiday Inn
FRIDAY	Silver Pod 2 Off Ice - Stretch	4:00-4:45pm	Minoru - Mezzanine		15	45 mins	Pod 1: \$293 Pod 2: \$293	
	Silver Pod 1 Freeskate	4:15-5:00pm	Minoru - Silver		15			Location Dec 18 - Minoru - Stadium Oct 23: Pod 1 combines with Pod 2 at 5:15-6:00pm (regular 4:15-5:00pm slot not held that day)
	Silver Pod 2 Freeskate	5:15-6:00pm	Minoru - Silver		15			Location Dec 18 - Minoru - Stadium Oct 23: Pod 1 joins this session
	Silver Pod 1 Off Ice - Stretch	5:15-6:00pm	Minoru - Mezzanine		15	45 mins		23-Oct time change to 4:00-4:45pm
SATURDAY	Silver (Pod 1 & 2) Group	7:15-8:15am	Oval - North	Sep 26, Oct 31	12	60 mins	\$264	No Class Sep 26 (Autumn Leaves Simulation) No Class Oct 31 (Sectionals Simulation)

OPEN & Competitive Day Ice

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Open Freeskate	6:30-8:00am	Minoru - Silver	Oct 12	13		\$182	Location Dec 14 - Minoru - Stadium Max 1 hour per session
	BSG Open Freeskate	11:45am-12:45pm	Oval - North	Oct 12	13		\$221	
TUESDAY	Silver/Gold Open Freeskate	11:45am-12:45pm	Oval - North		15		\$255	
	Bronze/Silver Open	2:15-3:15pm	Minoru - Silver		15		\$210	Location Dec 15 - Minoru - Stadium
WEDNESDAY	Open Freeskate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 16 - Minoru - Stadium Max 1 hour per session
	BSG Open Freeskate	11:45am-12:45pm	Oval - North		15		\$255	
THURSDAY	Silver/Gold Open Freeskate	11:45am-12:45pm	Oval - North		15		\$255	
	Bronze/Silver Open	2:15-3:15pm	Minoru - Silver	Dec 17	14		\$196	Location Dec 10 - Minoru - Stadium
FRIDAY	Open Freeskate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 18 - Minoru - Stadium Max 1 hour per session
	BSG Open Freeskate	11:45am-12:45pm	Oval - North		15		\$255	
SUNDAY	Open Freeskate	8:45-9:45am	Minoru - Silver		14		\$196	

Notes:

-The \$65 Skate Canada fee is payable once per skater per skater year (Sept 2026-Aug 2027).

-"Pod 1 & 2" indicates Pod 1 and Pod 2 combined into a single session.

-The "Jingle Blades" (Nov 15/16), "Autumn Leaves" (Sep 26), and "Sectionals" (Oct 31) simulations replace the regular session on the noted dates.

Classes held at:

Minoru Arenas (7551 Minoru Gate), the Richmond Oval (6111 River Rd), and Richmond Ice Centre (RIC) (14140 Triangle Rd), Richmond, BC



Connaught Skating Club — Fall 2026

Gold Program Schedule

Fall 2026 season (Sept 8 – Dec 18, 2026) | Sessions held at Minoru Arenas (7551 Minoru Gate) and the Richmond Oval (6111 River Rd), Richmond, BC

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Gold (Pod 1 & 2) Group	4:30-5:30pm	Minoru - Silver	Oct 12, Nov 16	12	60 mins	\$390	No Class Nov 16 (Jingle Blades Simulation) Location Dec 14 - Minoru - Stadium
	Gold (Pod 1 & 2) Off Ice - Pilates	6:15-7:00pm	Minoru - Mezzanine	Oct 12, Nov 16	12	45 mins		No Class Nov 16 (Jingle Blades Simulation)
TUESDAY	Gold (Pod 1 & 2) Freeskate	3:30-4:15pm	Minoru - Silver		15		\$293	Location Dec 15 - Minoru - Stadium
	Gold (Pod 1 & 2) Off Ice - Dryland	4:30-5:15pm	Minoru - Mezzanine		15	45 mins		
WEDNESDAY	Gold (Pod 1 & 2) Freeskate	6:00-7:00pm	Oval - North		15		\$338	
	Gold (Pod 1 & 2) Off Ice - Dance	7:15-8:00pm	Oval - Studio 1046		15	45 mins		
THURSDAY	Gold (Pod 1 & 2) Freeskate	3:30-4:15pm	Minoru - Silver	Dec 17	14		\$273	Location Dec 10 - Minoru - Stadium
	Gold (Pod 1 & 2) Off Ice - Dryland	4:30-5:15pm	Minoru - Mezzanine	Dec 17	14	45 mins		
FRIDAY	Gold Pod 1 Off Ice - Stretch	6:00-6:30pm	Minoru - Mezzanine		15	30 mins	Pod 1: \$240 Pod 2: \$240	
	Gold Pod 2 Off Ice - Stretch	6:45-7:15pm	Minoru - Mezzanine		15	30 mins		
	Gold Pod 1 Freeskate	7:00-7:45pm	Minoru - Silver		15			Location Dec 18 - Minoru - Stadium
	Gold Pod 2 Freeskate	7:45-8:30pm	Minoru - Silver		15			Location Dec 18 - Minoru - Stadium
SATURDAY	Gold (Pod 1 & 2) Group	8:15-9:15am	Oval - North	Sep 26, Oct 31	12	60 mins	\$264	No Class Sep 26 (Autumn Leaves Simulation) No Class Oct 31 (Sectionals Simulation)

OPEN & Competitive Day Ice

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Open Freeskate	6:30-8:00am	Minoru - Silver	Oct 12	13		\$182	Location Dec 14 - Minoru - Stadium Max 1 hour per session
	BSG Open Freeskate	11:45am-12:45pm	Oval - North	Oct 12	13		\$221	
TUESDAY	Silver/Gold Open Freeskate	11:45am-12:45pm	Oval - North		15		\$255	
WEDNESDAY	Open Freeskate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 16 - Minoru - Stadium Max 1 hour per session
	BSG Open Freeskate	11:45am-12:45pm	Oval - North		15		\$255	
THURSDAY	Silver/Gold Open Freeskate	11:45am-12:45pm	Oval - North		15		\$255	
FRIDAY	Open Freeskate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 18 - Minoru - Stadium Max 1 hour per session
	BSG Open Freeskate	11:45am-12:45pm	Oval - North		15		\$255	
SUNDAY	Open Freeskate	8:45-9:45am	Minoru - Silver		14		\$196	

Notes:

-The \$65 Skate Canada fee is payable once per skater per skater year (Sept 2026-Aug 2027).

-"Pod 1 & 2" indicates Pod 1 and Pod 2 combined into a single session.

-The "Jingle Blades" (Nov 15/16), "Autumn Leaves" (Sep 26), and "Sectionals" (Oct 31) simulations replace the regular session on the noted dates.

Classes held at:

Minoru Arenas (7551 Minoru Gate) and the Richmond Oval (6111 River Rd), Richmond, BC



Connaught Skating Club — Fall 2026

Diamond Pod 1 & 2 Program Schedule

Fall 2026 season (Sept 8 – Dec 18, 2026) | Sessions held at Minoru Arenas (7551 Minoru Gate) and the Richmond Oval (6111 River Rd), Richmond, BC

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Diamond Pod 1 Off Ice - Dance	5:30-6:15pm	Minoru - Cultural Centre, Performing Arts	Oct 12	13	45 mins	Pod 1: \$325 Pod 2: \$325	Location Dec 14 - Minoru - Stadium
	Diamond Pod 2 Freeskiate	5:45-6:30pm	Minoru - Silver	Oct 12	13			
	Diamond (Pod 1 & 2) Group	6:30-6:45pm	Minoru - Silver	Oct 12	13	15 mins		
	Diamond Pod 1 Freeskiate	6:45-7:30pm	Minoru - Silver	Oct 12	13			
	Diamond Pod 2 Off Ice - Dance	7:00-7:45pm	Minoru - Mezzanine	Oct 12	13	45 mins		
TUESDAY	Diamond (Pod 1 & 2) Freeskiate	6:00-6:45pm	Minoru - Silver		15		\$293	Location Dec 15 - Minoru - Stadium *must register for a minimum of 5 days of Diamond Training to register
	Diamond (Pod 1 & 2) Off Ice - Dryland	7:00-7:45pm	Minoru - Mezzanine		15	45 mins		
WEDNESDAY	Diamond Pod 2 Off Ice - Ballet	5:00-5:45pm	Minoru - Cultural Centre, Annex - Perf Arts 3	Sep 30, Nov 11	13	45 mins	Pod 1: \$272 Pod 2: \$272	Location Dec 16 - Minoru - Stadium
	Diamond Pod 1 Off Ice - Ballet	6:00-6:45pm	Minoru - Cultural Centre, Annex - Perf Arts 3	Sep 30, Nov 11	13	45 mins		
	Diamond Pod 2 Freeskiate	6:15-7:00pm	Minoru - Silver		15			
	Diamond Pod 1 Freeskiate	7:15-8:00pm	Minoru - Silver		15			
THURSDAY	Diamond (Pod 1 & 2) Off Ice - Pilates	5:45-6:30pm	Minoru - Cultural Centre, Performing Arts 2	Dec 10, Dec 17	13	45 mins	\$352	
	Diamond (Pod 1 & 2) Group	7:00-7:45pm	Minoru - Silver	Dec 10, Dec 17	13	45 mins		
FRIDAY	Diamond (Pod 1 & 2) Freeskiate	5:30-6:30pm	Oval - South	Oct 16	14		\$315	*must register for a minimum of 5 days of Diamond Training to register
	Diamond (Pod 1 & 2) Off Ice - Stretch	6:45-7:30pm	Oval - Studio 2026	Oct 16	14	45 mins		
SATURDAY	Diamond (Pod 1 & 2) Group	9:30-10:30am	Oval - North	Sep 26, Oct 31	12	60 mins	\$264	No Class Sep 26 (Autumn Leaves Simulation) No Class Oct 31 (Sectionals Simulation)
	Diamond (Pod 1 & 2) Oval HP - Strength & Conditioning	10:45-11:45am	Oval - Oval HP Gym		14			*Separate registration through oval required

Competitive Day Ice

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Open Freeskiate	6:30-8:00am	Minoru - Silver	Oct 12	13		\$182	Location Dec 14 - Minoru - Stadium Max 1 hour per session
	Diamond Comp Freeskiate	2:15-3:15pm	Minoru - Silver	Oct 12	13		\$182	Location Dec 14 - Minoru - Stadium
	Diamond Comp Freeskiate	2:15-3:15pm	Oval - North		14		\$238	
TUESDAY	Diamond Comp Freeskiate	2:00-2:45pm	Oval - North		15		\$191	
	Diamond Comp Freeskiate	3:00-4:00pm	Oval - North		15		\$255	
WEDNESDAY	Open Freeskiate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 16 - Minoru - Stadium Max 1 hour per session
	Diamond Comp Freeskiate	2:15-3:15pm	Minoru - Silver		15		\$210	Location Dec 16 - Minoru - Stadium
	Diamond Comp Freeskiate	2:15-3:15pm	Oval - North		15		\$255	
THURSDAY	Diamond Comp Freeskiate & Spin	2:15-3:45pm	Oval - North		15		\$420	*30 min Spin Class available for individual purchase. Contact Registrar
FRIDAY	Open Freeskiate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 18 - Minoru - Stadium Max 1 hour per session
	Diamond Comp Freeskiate	2:15-3:15pm	Minoru - Silver	Oct 23	14		\$196	Location Dec 18 - Minoru - Stadium
	Diamond Comp Freeskiate	2:30-3:30pm	Oval - South	Oct 16	14		\$238	
SUNDAY	Open Freeskiate	8:45-9:45am	Minoru - Silver		14		\$196	

Harness - REGISTER FOR ONE ONLY!!!

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	
MONDAY	Diamond (Pod 1 & 2) Harness	3:45-4:15pm	Oval - Room 1058	Oct 12	13	30 mins	\$130	
TUESDAY	Diamond Harness	2:15-2:45pm	Oval - Room 1058		15	30 mins	\$150	
	Diamond Harness	2:45-3:15pm	Oval - Room 1058		15	30 mins	\$150	
WEDNESDAY	Diamond (Pod 1 & 2) Harness	3:30-4:00pm	Oval - Room 1058	Nov 11	14	30 mins	\$140	
	Diamond (Pod 1 & 2) Harness	4:00-4:30pm	Oval - Room 1058	Nov 11	14	30 mins	\$140	
THURSDAY	Diamond Harness	4:00-4:30pm	Oval - Room 1058		15	30 mins	\$150	
FRIDAY	Diamond Harness	4:45-5:15pm	Oval - Room 1058	Oct 16	14	30 mins	\$140	

Notes:

-The \$65 Skate Canada fee is payable once per skater per skater year (Sept 2026-Aug 2027).

-"Pod 1 & 2" indicates Pod 1 and Pod 2 combined into a single session.

-"Comp" sessions are shared ice/off-ice time across Diamond Pod 1, Pod 2, and Pod 3.

-The "Autumn Leaves" (Sep 26) and "Sectionals" (Oct 31) simulations replace the regular session on the noted dates.

-Pod 1 and Pod 2 do not share identical times/locations for every session; rows are listed side-by-side under each day where they differ.

Classes held at:

Minoru Arenas (7551 Minoru Gate) and the Richmond Oval (6111 River Rd), Richmond, BC



Connaught Skating Club — Fall 2026

Diamond Pod 3 Program Schedule

Fall 2026 season (Sept 8 – Dec 18, 2026) | Sessions held at Minoru Arenas (7551 Minoru Gate) and the Richmond Oval (6111 River Rd), Richmond, BC

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Diamond Pod 3 Freeskiate	4:15-5:00pm	Oval - North	Oct 12	13		\$299	
	Diamond Pod 3 Off Ice - Pilates	5:30-6:30pm	Oval - Studio 1046	Oct 12	13	60 mins		
TUESDAY	Diamond Pod 3 Off Ice - Dryland	5:30-6:15pm	Minoru - Mezzanine		15	45 mins	\$293	
	Diamond Pod 3 Freeskiate	7:00-7:45pm	Minoru - Silver		15			Location Dec 15 - Minoru - Stadium
WEDNESDAY	Diamond Pod 3 Off Ice - Ballet	4:15-5:00pm	Minoru - Cultural Centre, Annex - Perf Arts 3	Sep 30, Nov 11	13	45 mins	\$272	
	Diamond Pod 3 Freeskiate	5:30-6:15pm	Minoru - Silver		15			Location Dec 16 - Minoru - Stadium
THURSDAY	Diamond Pod 3 Off Ice - Ballet	6:45-7:30pm	Minoru - Cultural Centre, Performing Arts 2	Dec 10, Dec 17	13	45 mins	\$352	
	Diamond Pod 3 Group	8:00-8:45pm	Minoru - Silver	Dec 10, Dec 17	13	45 mins		
FRIDAY	Diamond Pod 3 Off Ice - Stretch	5:30-6:15pm	Oval - Studio 2010	Oct 16	14	45 mins	\$315	
	Diamond Pod 3 Freeskiate	6:30-7:30pm	Oval - South	Oct 16	14			
SATURDAY	Diamond Pod 3 Group	10:45-11:45am	Oval - North	Sep 26, Oct 31	12	60 mins	\$264	No Class Sep 26 (Autumn Leaves Simulation) No Class Oct 31 (Sectionals Simulation)
	Diamond Pod 3 Oval HP - Strength & Conditioning	12:00-1:00pm	Oval - Oval HP Gym		14			*Separate registration through oval required

Competitive Day Ice

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Open Freeskiate	6:30-8:00am	Minoru - Silver	Oct 12	13		\$182	Location Dec 14 - Minoru - Stadium Max 1 hour per session
	Diamond Comp Freeskiate	2:15-3:15pm	Minoru - Silver	Oct 12	13		\$182	Location Dec 14 - Minoru - Stadium
	Diamond Comp Freeskiate	2:15-3:15pm	Oval - North		14		\$238	
TUESDAY	Diamond Comp Freeskiate	2:00-2:45pm	Oval - North		15		\$191	
	Diamond Comp Freeskiate	3:00-4:00pm	Oval - North		15		\$255	
WEDNESDAY	Open Freeskiate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 16 - Minoru - Stadium Max 1 hour per session
	Diamond Comp Freeskiate	2:15-3:15pm	Minoru - Silver		15		\$210	Location Dec 16 - Minoru - Stadium
	Diamond Comp Freeskiate	2:15-3:15pm	Oval - North		15		\$255	
THURSDAY	Diamond Comp Freeskiate & Spin	2:15-3:45pm	Oval - North		15		\$420	*30 min Spin Class available for individual purchase. Contact Registrar
FRIDAY	Open Freeskiate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 18 - Minoru - Stadium Max 1 hour per session
	Diamond Comp Freeskiate	2:15-3:15pm	Minoru - Silver	Oct 23	14		\$196	Location Dec 18 - Minoru - Stadium
	Diamond Comp Freeskiate	2:30-3:30pm	Oval - South	Oct 16	14		\$238	
SUNDAY	Open Freeskiate	8:45-9:45am	Minoru - Silver		14		\$196	

Harness - REGISTER FOR ONE ONLY!!!

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	
TUESDAY	Diamond Harness	2:15-2:45pm	Oval - Room 1058		15	30 mins	\$150	
	Diamond Harness	2:45-3:15pm	Oval - Room 1058		15	30 mins	\$150	
THURSDAY	Diamond Harness	4:00-4:30pm	Oval - Room 1058		15	30 mins	\$150	
FRIDAY	Diamond Pod 3 Harness	3:45-4:15pm	Oval - Room 1058	Oct 16	14	30 mins	\$140	
	Diamond Pod 3 Harness	4:15-4:45pm	Oval - Room 1058	Oct 16	14	30 mins	\$140	
	Diamond Harness	4:45-5:15pm	Oval - Room 1058	Oct 16	14	30 mins	\$140	



Connaught Skating Club — Fall 2026

Top Flight Pod 1 Program Schedule

Fall 2026 season (Sept 8 – Dec 18, 2026) | Sessions held at Minoru Arenas (7551 Minoru Gate) and the Richmond Oval (6111 River Rd), Richmond, BC

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Top Flight Pod 1 Freeskate	3:30-4:15pm	Oval - North	Oct 12	13		\$299	
	Top Flight Pod 1 Off Ice - Pilates	4:30-5:30pm	Oval - Studio 1046	Oct 12	13	60 mins		
TUESDAY	Top Flight Pod 1 Off Ice - Dryland	3:15-4:00pm	Minoru - Mezzanine		15	45 mins	\$293	
	Top Flight Pod 1 Freeskate	4:15-5:00pm	Minoru - Silver		15			Location Dec 15 - Minoru - Stadium
WEDNESDAY	Top Flight Pod 1 Freeskate	3:30-4:30pm	Oval - North		15		\$390	
	Top Flight Pod 1 Off Ice	4:45-5:45pm	Oval - Studio 1046		15	60 mins		
THURSDAY	Top Flight Pod 1 Off Ice - Ballet	3:45-4:45pm	Minoru - Cultural Centre, Performing Arts 2	Dec 10, Dec 17	13	60 mins	\$299	
	Top Flight Pod 1 Freeskate	5:15-6:00pm	Minoru - Silver	Dec 10, Dec 17	13			
FRIDAY	Top Flight Pod 1 Freeskate	3:45-4:30pm	Oval - South	Oct 16	14		\$273	
	Top Flight Pod 1 Off Ice - Stretch	4:45-5:30pm	Oval - Studio 2010	Oct 16	14	45 mins		
SATURDAY	Top Flight Pod 1 Group	11:45am-12:30pm	Oval - North	Sep 26, Oct 31	12	45 mins	\$330	No Class Sep 26 (Autumn Leaves Simulation) No Class Oct 31 (Sectionals Simulation)
	Top Flight (Pod 1 & 2) Group	12:45-1:15pm	Oval - North	Sep 26, Oct 31	12	30 mins		No Class Sep 26 (Autumn Leaves Simulation) No Class Oct 31 (Sectionals Simulation)
	Top Flight Pod 1 Oval HP - Strength & Conditioning	1:30-2:30pm	Oval - Oval HP Gym		14			*Separate registration through oval required

Competitive Day Ice

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Open Freeskate	6:30-8:00am	Minoru - Silver	Oct 12	13		\$182	Location Dec 14 - Minoru - Stadium Max 1 hour per session
	Top Flight Comp Freeskate	1:00-2:00pm	Oval - North		14		\$238	
	Top Flight Comp Freeskate	1:30-2:30pm	Oval - South		14		\$238	
TUESDAY	Top Flight Comp Freeskate	1:00-2:00pm	Oval - North		15		\$255	
	Top Flight Comp Freeskate	2:00-3:00pm	Oval - South		15		\$255	
WEDNESDAY	Open Freeskate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 16 - Minoru - Stadium Max 1 hour per session
	Top Flight Comp Freeskate	1:00-2:00pm	Oval - North		15		\$255	
	Top Flight Comp Freeskate	1:30-2:30pm	Oval - South		15		\$255	
THURSDAY	Top Flight Comp Freeskate	1:00-2:00pm	Oval - North		15		\$255	
	Top Flight Comp Freeskate	2:00-3:00pm	Oval - South		15		\$255	
FRIDAY	Open Freeskate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 18 - Minoru - Stadium Max 1 hour per session
	Top Flight Comp Freeskate	1:00-2:00pm	Oval - North		15		\$255	
	Top Flight Comp Freeskate	1:30-2:30pm	Oval - South	Oct 16	14		\$238	
SUNDAY	Open Freeskate	8:45-9:45am	Minoru - Silver		14		\$196	

Harness - REGISTER FOR ONE ONLY!!!

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Top Flight (Pod 1 & 2) Harness	2:45-3:15pm	Oval - Room 1058	Oct 12	13	30 mins	\$130	
WEDNESDAY	Top Flight (Pod 1 & 2) Harness	2:30-3:00pm	Oval - Room 1058	Nov 11	14	30 mins	\$140	
THURSDAY	Top Flight (Pod 1 & 2) Harness	3:30-4:00pm	Oval - Room 1058		15	30 mins	\$150	
FRIDAY	Top Flight Pod 1 Harness	5:45-6:15pm	Oval - Room 1058	Oct 16	14	30 mins	\$140	

Notes:

-The \$65 Skate Canada fee is payable once per skater per skater year (Sept 2026-Aug 2027).

-"Pod 1 & 2" indicates Pod 1 and Pod 2 combined into a single session.

-"Comp" sessions are shared ice/off-ice time across Top Flight Pod 1 and Pod 2; the same Comp session appears in the Top Flight Pod 2 file.

-The "Autumn Leaves" (Sep 26) and "Sectionals" (Oct 31) simulations replace the regular session on the noted dates.

Classes held at:

Minoru Arenas (7551 Minoru Gate) and the Richmond Oval (6111 River Rd), Richmond, BC



Connaught Skating Club — Fall 2026

Top Flight Pod 2 Program Schedule

Fall 2026 season (Sept 8 – Dec 18, 2026) | Sessions held at Minoru Arenas (7551 Minoru Gate) and the Richmond Oval (6111 River Rd), Richmond, BC

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Top Flight Pod 2 Off Ice - Pilates	4:30-5:15pm	Minoru - Cultural Centre, Performing Arts	Oct 12, Dec 14	12	45 mins	\$336	
	Top Flight Pod 2 Freeskate	5:30-6:30pm	Minoru - Stadium	Oct 12, Dec 14	12			
	Top Flight Pod 2 Spin	6:30-6:45pm	Minoru - Stadium	Oct 12, Dec 14	12	15 mins		
TUESDAY	Top Flight Pod 2 Freeskate	5:15-6:00pm	Minoru - Silver		15		\$293	Location Dec 15 - Minoru - Stadium
	Top Flight Pod 2 Off Ice - Dryland	6:15-7:00pm	Minoru - Mezzanine		15	45 mins		
WEDNESDAY	Top Flight Pod 2 Freeskate	4:45-5:45pm	Oval - North		15		\$390	
	Top Flight Pod 2 Off Ice	6:00-7:00pm	Oval - Studio 1046		15	60 mins		
THURSDAY	Top Flight Pod 2 Off Ice - Ballet	4:45-5:45pm	Minoru - Cultural Centre, Performing Arts 2	Dec 10, Dec 17	13	60 mins	\$299	
	Top Flight Pod 2 Freeskate	6:15-7:00pm	Minoru - Silver	Dec 10, Dec 17	13			
FRIDAY	Top Flight Pod 2 Freeskate	4:30-5:15pm	Oval - South	Oct 16	14		\$273	
	Top Flight Pod 2 Off Ice - Stretch	5:30-6:15pm	Oval - Studio 2010	Oct 16	14	45 mins		
SATURDAY	Top Flight (Pod 1 & 2) Group	12:45-1:15pm	Oval - North	Sep 26, Oct 31	12	30 mins	\$330	No Class Sep 26 (Autumn Leaves Simulation) No Class Oct 31 (Sectionals Simulation)
	Top Flight Pod 2 Group	1:15-2:00pm	Oval - North	Sep 26, Oct 31	12	45 mins		No Class Sep 26 (Autumn Leaves Simulation) No Class Oct 31 (Sectionals Simulation)
	Top Flight Pod 2 Oval HP - Strength & Conditioning	2:30-3:30pm	Oval - Oval HP Gym		14			*Separate registration through oval required

Competitive Day Ice								
Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Open Freeskate	6:30-8:00am	Minoru - Silver	Oct 12	13		\$182	Location Dec 14 - Minoru - Stadium Max 1 hour per session
	Top Flight Comp Freeskate	1:00-2:00pm	Oval - North		14		\$238	
	Top Flight Comp Freeskate	1:30-2:30pm	Oval - South		14		\$238	
TUESDAY	Top Flight Comp Freeskate	1:00-2:00pm	Oval - North		15		\$255	
	Top Flight Comp Freeskate	2:00-3:00pm	Oval - South		15		\$255	
WEDNESDAY	Open Freeskate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 16 - Minoru - Stadium Max 1 hour per session
	Top Flight Comp Freeskate	1:00-2:00pm	Oval - North		15		\$255	
	Top Flight Comp Freeskate	1:30-2:30pm	Oval - South		15		\$255	
THURSDAY	Top Flight Comp Freeskate	1:00-2:00pm	Oval - North		15		\$255	
	Top Flight Comp Freeskate	2:00-3:00pm	Oval - South		15		\$255	
FRIDAY	Open Freeskate	6:30-8:00am	Minoru - Silver		15		\$210	Location Dec 18 - Minoru - Stadium Max 1 hour per session
	Top Flight Comp Freeskate	1:00-2:00pm	Oval - North		15		\$255	
	Top Flight Comp Freeskate	1:30-2:30pm	Oval - South	Oct 16	14		\$238	
SUNDAY	Open Freeskate	8:45-9:45am	Minoru - Silver		14		\$196	

Harness - REGISTER FOR ONE ONLY!!!								
Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Top Flight (Pod 1 & 2) Harness	2:45-3:15pm	Oval - Room 1058	Oct 12	13	30 mins	\$130	
	Top Flight Pod 2 Harness	3:15-3:45pm	Oval - Room 1058	Oct 12	13	30 mins	\$130	
WEDNESDAY	Top Flight (Pod 1 & 2) Harness	2:30-3:00pm	Oval - Room 1058	Nov 11	14	30 mins	\$140	
	Top Flight Pod 2 Harness	3:00-3:30pm	Oval - Room 1058	Nov 11	14	30 mins	\$140	
THURSDAY	Top Flight (Pod 1 & 2) Harness	3:30-4:00pm	Oval - Room 1058		15	30 mins	\$150	
FRIDAY	Top Flight Pod 2 Harness	6:20-6:45pm	Oval - Room 1058	Oct 16	14	25 mins	\$117	

Notes:

-The \$65 Skate Canada fee is payable once per skater per skater year (Sept 2026-Aug 2027).

-"Pod 1 & 2" indicates Pod 1 and Pod 2 combined into a single session.

-"Comp" sessions are shared ice/off-ice time across Top Flight Pod 1 and Pod 2; the same Comp session appears in the Top Flight Pod 1 file.

-The "Autumn Leaves" (Sep 26) and "Sectionals" (Oct 31) simulations replace the regular session on the noted dates.

Classes held at:

Minoru Arenas (7551 Minoru Gate) and the Richmond Oval (6111 River Rd), Richmond, BC



Connaught Skating Club — Fall 2026

Pair Program Schedule

Fall 2026 season (Sept 8 – Dec 18, 2026) | Sessions held at Minoru Arenas (7551 Minoru Gate) and the Richmond Oval (6111 River Rd), Richmond, BC

Day	Session	Time	Location	No Class	# Sessions	Instruction Included in Fee	Price	Notes
MONDAY	Pair Comp Freeskate	2:30-3:30pm	Oval - South		14		\$196	
	Pair Lifts	7:00-7:30pm	Minoru - Silver Lobby	Oct 12	13	30 mins	\$286	
	Pair Freeskate	7:45-8:45pm	Minoru - Silver	Oct 12	13			Location Dec 14 - Minoru - Stadium
TUESDAY	Pair Comp Freeskate	1:00-2:00pm	Oval - South		15		\$210	
	Pair Freeskate	8:00-8:45pm	Minoru - Silver		15		\$158	Location Dec 15 - Minoru - Stadium
WEDNESDAY	Pair Comp Freeskate	2:30-3:30pm	Oval - South		15		\$210	
	Pair Lift	7:15-7:45pm	Minoru - Rinkside		15	30 mins	\$278	
	Pair Freeskate	8:00-8:45pm	Minoru - Silver		15			Location Dec 16 - Minoru - Stadium
THURSDAY	Pair Comp Freeskate	1:00-2:00pm	Oval - South		15		\$210	
FRIDAY	Pair Comp Freeskate	2:15-3:45pm	Oval - North		15		\$315	
	Pair Off Ice - Dance/Stretch	4:00-4:45pm	Oval - Studio 2010	Oct 16	14	45 mins	\$326	
	Pair Freeskate	6:00-6:45pm	Minoru - Silver		15			Location Dec 18 - Minoru - Stadium
SATURDAY	PDP	7:00-8:00am	Minoru - Stadium		14		\$336	
	Pair Oval HP - Strength & Conditioning	9:00-10:00am	Oval - Oval HP Gym		14			*Separate registration through oval required

Notes:

-The \$65 Skate Canada fee is payable once per skater per skater year (Sept 2026-Aug 2027).

-"Comp" sessions are shared competitive day ice for Pair skaters.

Classes held at:

Minoru Arenas (7551 Minoru Gate) and the Richmond Oval (6111 River Rd), Richmond, BC