

Monday		Tuesday		Wednesday		Thursday
Meadows W	Kinsmen Twin Arenas	Mill Woods A	Mill Woods B	Kinsmen	Mill Woods A	Mill Woods B
4:00-5:00 - CFS	6:30-7:30 AM	4:00-4:45 - CFS	4:00-4:45 - CFS	4:00-4:45 - Freeskite		3:00-4:00
JUNIOR INT B	OPEN	INTERMEDIATE	SENIOR	SENIOR		OPEN
5:00-5:30		4:45-5:15 - S / D	4:45-5:15 - Freeskite	4:45-5:00 - Edge	4:00-4:45 - CFS	4:00-4:45 - CFS
TEAMS		INT O12	SENIOR	SENIOR JUNIOR	INTERMEDIATE	SENIOR
5:30-5:45		5:15-6:00 - Freeskite	5:15-5:30	5:00-5:45 - Freeskite	4:45-5:15 - Freeskite	4:45-5:15 - Freeskite
Flood		O12 / ADULT	Flood	JUNIOR	INTERMEDIATE	SENIOR
5:45-6:30 - Freeskite			5:30-6:00 - S / D	5:45-6:00	5:15-6:00	5:15-5:30
SENIOR INT A			SENIOR	Flood	GATEWAY ACADEMY	Flood
6:30-6:45 - Edge			6:00-7:00	6:00-6:45		5:30-6:30
SENIOR INT A			GATEWAY ACADEMY	CANSKATE		CANSKATE
6:45-7:30				6:45-7:30		
CANSKATE				CANSKATE		
OFF ICE		OFF ICE	OFF ICE	OFF ICE	OFF ICE	OFF ICE
4:30-5:15		5:30-6:15	6:15-7:00	5:10-5:55	5:30-6:00	5:30-6:00
SENIOR INT A		INTERMEDIATE	SENIOR	SENIOR	INTERMEDIATE	SENIOR
5:15-6:00			5:15-5:45	6:00-6:30	6:15-7:00	
JUNIOR INT B			GATEWAY ACADEMY	JUNIOR	GATEWAY ACADEMY	

Friday		Saturday		Sunday
Meadows E	Mill Woods B	Mill Woods B		Meadows E
4:00-4:45 - CFS	6:30-7:30 AM	8:45-9:00 - Edge		1:30-2:15
JUNIOR	OPEN	JUNIOR		GATEWAY ACADEMY
4:45-5:00 - Edge		9:00-9:45		2:15-3:00
JR INT		JUNIOR		STARPREP / ADULT CS
5:00-5:45 - Freeskite		9:45-10:15 - S / D		3:00-3:15
INTERMEDIATE		JR INT		Flood
5:45-6:00		10:15-11:00 - Freeskite		3:15-4:00
Flood		INTERMEDIATE		CANSKATE
6:00-7:00 - Freeskite		11:00-11:15 - Edge		4:00-4:45
SENIOR		INT O12		CANSKATE
7:00-7:15 - Edge		11:15-11:30		4:45-5:00
SENIOR		Flood		Flood
7:15-8:00 - Freeskite		11:30-12:15 - Freeskite		5:00-5:45
TEAMS		O12 / ADULT		CANSKATE
		12:15-12:45 - S / D		
		O12 SR		
		12:45-1:30 - Freeskite		
		SENIOR		
		1:30-2:15		
		CANSKATE		
		2:15-2:30		
		Flood		
		2:30-3:15		
		CANSKATE		
OFF ICE		OFF ICE		OFF ICE
5:00-5:45		9:00-9:30		12:30-1:15
SENIOR		INTERMEDIATE		GATEWAY ACADEMY
5:15-5:45		10:30-11:15		3:15-3:45
JUNIOR		JUNIOR		STARPREP
6:00-6:45		11:15-12:00		
INTERMEDIATE		SENIOR		
		1:00-1:30		
		O12 / ADULT		



## 2025-2026 FALL / WINTER SCHEDULE

September 2, 2025 - May 3, 2026

Gateway is excited to introduce our new CFS program

### Continuous Flow System (CFS) Program

#### About CFS:

- ▷ a fully coached group session
- ▷ blends the best of the European and Western coaching styles
- ▷ a modern, efficient approach to skill development
- ▷ fostering continuous movement and skill repetition
- ▷ training in a supportive environment
- ▷ conveniently built into your registration cost
- ▷ lowering your private coaching costs

#### PACKAGES INCLUDE:

Junior: Includes off-ice & on-ice group sessions, mini-groups, dance/skills, and CFS

Intermediate: Includes off-ice & on-ice group sessions, dance/skills, and CFS

Senior: Includes off-ice & on-ice group sessions, dance/skills, and CFS

