For many years now the Weather and Seasons on Gaia has been really intense, but survivable but roughly-

Winter lasts from December 20th, to March 20th, Spring lasts from March 21st to June 15th, Summer Lasts from june 16th to September 20th, Fall lasts from September 21st to December 19th

But the middle point of a season is when the "intense" weather happens, usually the hot point in the summers or the coldest part of the winter but for 2020 the cold weather came much earlier than expected even though the planet is a tilt but not as much as the earth.