

2010 Summer Training Program At-A-Glance

MONDAYS June 7 - August 9

Time	Event	Cancelled Dates	# of weeks
5:00 - 6:00 AM	OPEN FREESTYLE		10
6:00 - 7:00 AM	OPEN FREESTYLE		10
7:10 - 7:25 AM	STROKING/EDGES & TURNS		10
7:25 - 8:25 AM	OPEN FREESTYLE		10
7:30 - 8:30 AM	Our Famous Floor Barre Class!		10
8:35 - 9:20 AM	Pilates Fitness		8
8:35 - 9:35 AM	OPEN FREESTYLE		10
9:45 - 10:15 AM	JUMP TECHNIQUE CLINIC HIGH (PASSED FS 4)		10
10:15 - 11:15 AM	HIGH FREESTYLE (PASSED FS 6)		10
10:45 - 11:15 am	Ballet with a funky music twist!		10
11:25 - 11:55 AM	LOW FREESTYLE (TOTS - FS 3)		10
12:00 - 3:00 PM	PUBLIC SESSION		10
3:10 - 4:10 PM	OPEN FREESTYLE		10
4:15 - 4:45 PM	SPIN CLINIC (Passed DELTA)		10
5:00 - 5:45 PM	HALF-ICE OPEN FREESTYLE		10
5:00 - 5:30 PM	Fantasy Ballet Featuring: Wings, Wands & Crowns		10

Monday evening *Learn To Skate* classes run from 4:15 pm - 6:25 pm

**SSC Test Session
Tentative Dates**
June 6
July 18
Aug 22
All dates subject to
change!

**Sat. July 31st. "The
Summer Chiller"
Rink Side's ISI
Competition**

TUESDAYS June 8 - August 10

Time	Event	Cancelled Dates	# of weeks
5:00 - 6:00 AM	OPEN FREESTYLE		10
6:00 - 7:00 AM	OPEN FREESTYLE		10
7:10 - 7:25 AM	STROKING/EDGES & TURNS		10
7:25 - 8:25 AM	OPEN FREESTYLE		10
7:25 - 8:25 AM	Jazz Technique: "Leaps, Jumps and Turns"		10
8:30 - 9:30 AM	Ballet with a funky music twist!		10
8:35 - 9:35 AM	OPEN FREESTYLE		10
9:35 - 10:05 AM	HIGH POWER/EDGE (PASSED FS 3)		10
10:15 - 10:45 AM	FLYING & BASIC SPIN CLINIC (PASSED FS 1)		10
10:45 - 11:45 AM	HIGH FREESTYLE (PASSED FS 6)		10
12:00 - 3:00 PM	PUBLIC SESSION		10
3:10 - 4:10 PM	OPEN FREESTYLE		10
4:10 - 4:50 PM	OPEN FREESTYLE		10
4:50 - 5:20 pm	INTRO TO SYNCHRO CAMP/CLINIC		10
5:20 - 6:05 PM	EXTREME SYNCHRO TEAM TRAINING CAMP		10

Watch for our special
"interim" schedule for
Aug. 16 - Aug. 22 When
everyone is getting
settled back into to
school.

Open a VIP Gold
Member card. Get
cheap ice prices,
discounts in the
restaurant & in our
FEC

WEDNESDAYS June 9 - August 11

Time	Event	Cancelled Dates	# of weeks
5:00 - 6:00 AM	OPEN FREESTYLE		10
5:00 - 5:30 AM	Pilates Fitness		10
6:00 - 7:00 AM	OPEN FREESTYLE		10
7:10 - 7:25 AM	STROKING/EDGES & TURNS		10
7:25 - 8:25 AM	HIGH FREESTYLE (PASSED FS 6)		10
8:25 - 8:55 AM	OPEN FREESTYLE		10
9:05 - 9:35 AM	"ONLY AXELS"...Singles and Doubles (Passed FS4)		10
9:45 - 10:30 AM	Pilates Fitness		10
9:45 - 10:45 AM	OPEN FREESTYLE		10
10:55 - 11:55 AM	OPEN FREESTYLE		10
12:00 - 3:00 PM	PUBLIC SESSION		10
3:10 - 4:10 PM	OPEN FREESTYLE		10
4:10 - 5:10 PM	OPEN FREESTYLE		10



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**TAKE 10% OFF ALL CLASSES
REGISTERED BY 3PM SUN. JUNE 6th
RECEIVE THREE (3) FREE FREESTYLE
SESSIONS WITH EVERY OFF-ICE
CLASS REGISTRATION.**