

2010 Summer Training Program At-A-Glance

THURSDAYS June 10 - August 12

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
8:00 - 9:00 AM	High Ballet/Floor Barre Back by popular demand!		10
8:25 - 8:55 AM	OPEN FREESTYLE		10
9:05 - 10:05 AM	HIGH FREESTYLE (PASSED FS 6)		10
10:15 - 10:45 AM	OPEN FREESTYLE		10
10:50 - 11:20 AM	HIGH OFF-ICE JUMP CLINIC (Passed Fs 7 & Up)		10
10:50 - 11:20 AM	LOW POWER/EDGE CLINIC (Gamma & UP) LTS CLASSES		10
11:25 - 11:55 AM	LOW FREESTYLE (TOTS - FS 4)		10
12:00 - 3:00 PM	PUBLIC SESSION		10
3:10 - 4:10 PM	OPEN FREESTYLE		10
4:15 - 4:45 PM	MEDIUM POWER/EDGE CLINIC (FS 3 & UP)		10

Thursday morning *Learn To Skate* classes run from 10:50 - 11:20 am
Thursday evening *Learn To Skate* classes run from 4:15 pm - 6:25 pm

FRIDAYS June 11 - August 13

Time	Event	Cancelled Dates	# of weeks
5:00 - 6:00 AM	OPEN FREESTYLE		10
6:00 - 7:00 AM	OPEN FREESTYLE		10
7:00 - 7:30 AM	ELITE POWER/EDGE CLINIC (PASSED FS 6)		10
7:40 - 8:40 AM	HIGH FREESTYLE (PASSED FS 6)		10
8:40 - 9:10 AM	MOVES IN THE FIELD CLINIC		10
8:45 - 9:30 AM	Hip Hop Dance "Tons of fun, music and rhythm"		10
9:20 - 10:20 AM	OPEN FREESTYLE		10
9:30 - 10:15 AM	Ballet with a funky music twist!		10
10:30 - 11:30 AM	OPEN FREESTYLE		10
11:30 - 12:00 PM	LOW OFF-ICE JUMP CLINIC (Passed FS 3 - In FS 6)		10
11:30 - 12:00 PM	PROGRAM RUN -THROUGH CLINIC		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

SATURDAYS June 12 - August 14

Time	Event	Cancelled Dates	# of weeks
5:50 - 6:50 AM	OPEN FREESTYLE	6/26 & 7/31	7
6:50 - 7:50 AM	OPEN FREESTYLE	6/26 & 7/31	7
7:50 - 8:40 AM	OPEN FREESTYLE	6/26 & 7/31	7
8:50 - 9:20 AM	MOVES IN THE FIELD CLINIC	6/26 & 7/31	7
9:20 - 9:50 AM	POWER/EDGE MED/HIGH	6/26 & 7/31	7
9:30 - 10:00 AM	Hip Hop Dance "Tons of fun, music and rhythm"	6/26 & 7/31	7
10:10 - 10:50 AM	Ballet with a funky music twist!	6/26 & 7/31	7

Saturday morning *Learn To Skate* classes run from 9:20 - 10:45 AM

SUNDAYS June 13 - August 15

Time	Event	Cancelled Dates	# of weeks
7:00 - 8:00 AM	OPEN FREESTYLE	7/4	9
8:00 - 9:00 AM	OPEN FREESTYLE	7/4	9
9:00 - 9:50 AM	OPEN FREESTYLE	7/4	9



**For information on our Summer Skating Program
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