

**Louisville Skating Academy  
2008 Summer Training Program  
Monday, June 9 - Tuesday, August 12, 2008**

Please highlight your preferred sessions and classes. We will accommodate your requests if possible.

**On-ice Sessions**

Monday	Tuesday	Wednesday	Thursday	Friday*
7:00am-8:00am High Free Skate	7:00am-8:00am High/Int Free Skate	7:00am-8:00am High Free Skate	7:00am-8:00am High/Int/Low Free Skate	7:00am-8:00am High/Int/Low Free Skate
8:00am-8:20am High Power	8:00am-8:20am High/Inter Power	8:00am-8:20am High Power	8:00am-8:20am High/Intermediate Power	8:00am-8:20am High/Intermediate Power
8:30am-9:20am High/Intermediate Free Skate	8:30am-9:20am High/Int Free Skate	8:30am-9:20am High/Int Free Skate	8:30am-9:20am High Free Skate	8:30am-9:20am High/Int Free Skate
9:20am-9:50am Dance Session	9:20am-9:50am High/Int Jumps & Spins Class	9:20am-9:50am Synchro Skills and Drills	9:20am-9:50am High Dance Session	9:20am-9:50am Dance Session
10:00am-10:50am High/Int Free Skate	10:00am-10:50am High Free Skate	10:00am-10:50am High/Int Free Skate	10:00am-10:50am High/Int Free Skate	10:00am-10:50am High/Int/Low Free Skate
10:50am-11:40am Int/Low Free Skate	10:50am-11:10am High Power	10:50am-11:20am Dance Session	10:50am-11:40am Int/Low Free Skate	10:50am-11:10am Int/Low Power
11:50am-12:10pm Int/Low Power	11:20am-12:10pm Int/Low Free Skate	11:30am-11:50am Int/Low Power	11:50am-12:10pm Int/Low Power	11:20am-12:10pm Int/Low Free Skate
12:10pm-12:40pm Int/Low Jumps & Spins Class	12:10pm-1:00pm Int/Low Free Skate	11:50am-12:40pm Int/Low Free Skate	12:10pm-12:40pm Int/Low Skating Skills Class	12:10pm-1:00pm Open Free Skate
12:40pm-1:30pm Int/Low Free Skate	<b>Tuesday Evening</b>	12:40pm-1:30pm Int/Low Free Skate	12:40pm-1:30pm Int/Low Free Skate	
<b>Monday Evening</b>	5:30pm-6:20pm High/Int/Low Free Skate			
5:30pm-6:30pm High/Int/Low Free Skate	6:20pm-7:10pm High/Int/Low Free Skate			
6:30pm-7:30pm - Intro to Synchro Skating	7:10pm-7:30pm Adult Moves Class			

**Off-ice Sessions**

Monday	Tuesday	Wednesday	Thursday	Friday*
	10:30am-11:10am Int Off ice Movement Class			11:30am-12:10pm Hi/Int Off ice Movement Class
	11:30am-12:10pm High Off ice Movement Class			12:20pm-1:00pm Int/Low Off ice Movement Class
	1:00pm-1:40pm Low Off ice Movement Class			
	7:40pm-8:20pm Adult Off ice Conditioning			

\*There are no sessions on Friday, July 4, 2008

**Summer Training Cost Summary**

On-ice Sessions & Classes	Cost per session	# of sessions	Total
Free Skate	\$10.00		
Open Free Skate	\$9.00		
Dance	\$5.00		
Power	\$8.50		
On-ice Class	\$8.50		
<b>Off-ice Classes</b>			
Movement Class	\$8.50		
Off-ice Training	\$8.50		
Intro to Off-ice Training	\$8.50		
<b>Grand Total</b>			