

Summer 2025 Training	Monday	Tuesday	Wednesday	Thursday	Friday
On Ice Sessions & Classes		6:30-7:30 Synchro Team			6:40-7:30 AM High/Int/Low FS
	7:30-8:20 AM Hi/Int/Low FS	7:30-8:20 AM Hi/Int/Low/Aspire FS	7:30-8:20 AM Hi/Int/Low FS	7:30-8:20 AM Hi/Int/Low FS	7:30-8:20 AM Hi/Int/Low FS
	8:20-8:40AM Hi/Int Edges Class	8:20-9:10 Int/Low FS	8:20-9:10 AM Hig/Int FS	8:20-9:10 AM Int./Low/Aspire FS	8:20-8:40AM Hi/Int/Low Spins Class
	8:40-9:30 AM High/Int/FS	9:10-9:20 AM Ice Cut	9:10-9:30 AM High/Int Power Class	9:10-9:50 AM High/Int/Low Ebnsemble Class	8:40-8:50 AM Ice Cut
	9:30-9:40 AM Ice Cut	9:20-9:40 AM High/Int.Low Jump Class	9:30-9:40 AM Ice Cut	9:50-10:00 AM Ice Cut	8:50-9:40 AM High/Int.Low FS
	9:40-10:30 AM Hi/Int/Low FS	9:40-10:30 AM Hi/Int/Low FS	9:40-10:30 AM High/Int/Low FS		9:40-10:30 AM High/Int/Low FS
	10:30-10:50 AM In/Low Edges Class	10:30-11:20 AM High/Int FS	10:30-11:20 AM Int/Low FS	10:00-10:50 AM High/Int/Low FS	10:30-11:30 AM Open FS
	10:50-11:50 AM Int/Low FS (60 min)	11:20 AM - 12:00 PM High/Int/Low/Aspire FS (40 Min)	11:20-11:40 AM Int/Low/Aspire Power	10:50-11:40AM High/InFS	11:30-11:45 AM Ice Cut
			11:40 AM - 12:30 PM Int/Low/Aspire FS	11:40-12:20 AM Solo Dance Team Class	11:45-12:45 Hockey Skills Class
Off Ice Classes					
	10:40-11:10 AM High/Int Off Ice Jumps				
	12:00-12:40 PM Int/Low Conditioning & Jumps	12:10-12:50 PM Int/Low/Yoga - 10yrs & up	12:40-1:20 Int/Low Conditioning & Jumps	12:30-1:20 High/Int/Low Yoga, 12& Up	11:00 AM -12:0 PM Middle/High School Ages Norton Conditioning
		1:00-2:00 PM Middle/High School Ages Norton Conditioning			

Evening Sessions		
	<div> <div>5:00-6:00 PM</div> <div>FEAT - July Only</div> </div>	<div> <div>5:00-6:00 PM</div> <div>High/Int/Low FS</div> </div>
	<div> <div>6:0-7:00 PM</div> <div>LTS/Aspire Classes</div> </div>	<div> <div>6:00 - 7:00 PM</div> <div>LTS/Aspire Classes</div> </div>
	<div> <div>7:00-7:10 Ice Cut</div> </div>	
	<div> <div>7:10-8:00 PM</div> <div>Adult Session (18+, Adult 4+)</div> </div>	

← Program Practice - June only

Key Dates & Events		
Summer Contact Dates	June 9 - August 8	9 weeks
Coolest Camp/Aspire Camp	June 9 -12, 1-4pm each day	
Summer LTS/Aspire Session	June 23- July 30	6 weeks
No Skating	4-Jul	
Champion Development Seminar	June 17, 9-3:00 PM	7:30 & 8:20 Sessions ONLY
Test Session	18-Jul	10-4 (other sessions TBD)
Fire & Ice	July 24, 5-7 PM	