

	Monday	Tuesday	Wednesday	Thursday	Friday
7:30-7:40	Teams Plus (60 min) 7:30 -8:30	High/Intermediate/Low Freestyle	Teams Plus (60 min) 7:30 -8:30	High/Intermediate/Low Freestyle	Teams Plus (50 min)
7:40-7:50					
7:50-8:00					
8:00-8:10					
8:10-8:20					
8:20-8:30	Teams Plus (60 min) 8:30 - 9:30	High/Intermediate/Low Freestyle	Teams Plus (60 min) 8:30 - 9:30	High/Intermediate/Low Freestyle	Teams Plus (60 min) 8:30 - 9:30
8:30-8:40					
8:40-8:50					
8:50-9:00					
9:00-9:10					
9:10-9:20	High/Intermediate Freestyle	High/Intermediate Power	High/Intermediate Freestyle	High/Intermediate Power	
9:20-9:30					
9:30-9:40					
9:40-9:50	High/Intermediate Edges 9:30 - 10:00		Ice Make		Ice Make
9:50-10:00	Ice Make	Ice Make	Ice Make	Ice Make	Ice Make
10:00-10:10		Ice Make		Ice Make	
10:10-10:20	High/Intermediate Freestyle 10:10 - 11:00	High/Intermediate/Low Class "FIGURES"	High/Intermediate Freestyle 10:00 - 10:50	High/Intermediate/Low 3 classes -- Prel. Dance Axel & 2S/ Adv. Spins	High/Intermediate Freestyle
10:20 - 10:30					
10:30 - 10:40					
10:40-10:50					
10:50-11:00					
11:00-11:10	Intermediate/Low Freestyle	High/Intermediate Freestyle	Intermediate/Low Freestyle	High/Intermediate Freestyle	
11:10-11:20					
11:20 - 11:30					
11:30 - 11:40	High/Intermediate Freestyle 11:00 - 11:50	High/Intermediate Freestyle	High/Intermediate Freestyle	High/Intermediate/Low Freestyle (60 min)	
11:40-11:50					
11:50-12:00					
12:00 - 12:10	High/Intermediate/Low Freestyle 11:50 - 12:40	Ice Make	Intermediate/Low Freestyle	High/Intermediate Freestyle	High/Intermediate/Low Freestyle (60 min)
12:10 - 12:20					
12:20 - 12:30					
12:30 - 12:40					
12:40 - 12:50					
12:50 - 1:00	Teams Plus (50 min)	Ice Make	Intermediate/Low Freestyle (60 min)	Teams Plus (50 min)	Ice Make
1:00- 1:10					
1:10 - 1:20					
1:20 - 1:30					
1:30 - 1:40					
1:40 - 1:50	Intermediate/Low Freestyle 12:50 - 1:40	Teams Plus (50 min)	Both TEAMS Synchronized	Teams Plus (50 min)	Intermediate/Low Freestyle (60 minutes)
1:50 - 2:00					
2:00 - 2:10					
2:10-2:20					
2:20 - 2:30					
2:20 - 2:30	Team Plus Class - Varies Weekly			Team Plus Class - Varies Weekly	

off ice for synchro

Evening classes

5:00	High/Intermediate/Low Freestyle (60 min)
5:30 - 5:40	
5:40- 5:50	
5:50 - 6:00	
6:00 - 6:10	LTS
6:10 - 6:20	
6:20 - 6:30	
7:00	
Ice make	ice make
	Adult
7:30	Free Skate/Class (50 min)

High/Intermediate/Low/Teams Freestyle
OPEN Freestyle
Summer Stars*****

****Summer Stars Program:**
 Monday LTS
 Wednesday 5:15 - 5:45 Off Ice
 Wednesday 6:00 - 6:40 Class
 Wednesday 6:40 - 7:00 Free Skate

Intermediate - Juvenile moves, pre-juv free skate and up

High - Novice moves and Intermediate free skate and up

Teams Plus - teams plus qualifying skaters who meet the definition of high per LSA and intermediate and up solo dancers in the national series (in combined event).

PLUS, students who are attending college and meet the criteria for high?? College competitive skaters?? Le Lila, Katherine....

Off ice - skaters must be 7 years old or passed pre-pre mif

SUMMER TRAINING PROGRAM 2018 - draft 8

Off Ice

	Monday	Tuesday	Wednesday	Thursday	Friday
				Ballet High/Intermediate 8:00 - 9:00	
		Yoga Intermediate/Low 9:00 - 10:00		Ballet Intermediate /Low 9:10 - 10:10	
			Strength and Conditioning Intermediate/Low 10:30 - 11:30		
	Strength and Conditioning Intermediate/Low 11:40- 12:40	Low off ice axel/jump Class 11:40 - 12:10	Strength and Conditioning High/Intermediate 11:40 - 12:40		Yoga High/Intermediate 11:40 - 12:40
	Strength and Conditioning High/Intermediate 12:40 - 1:40				
			Off Ice Synchro 2:40 - 3:10		Strength and Conditioning Intermediate/Low 2:20 - 3:20
		Yoga High/Intermediate 2:40 - 3:40		Strength Off Site Regional/Sectional	



@ Highlands
6:30 ish