

**Summer 2021 June 7 - August 13, 10 weeks** Registration May 20, 2nd payment due July 8

Monday	Off Ice	Tuesday	Off Ice	Wednesday	Off Ice	Thursday	Off Ice	Friday	Off Ice				
7:30 -8:20 High/Int/Low FS	11:00-11:30 High/Int/Low 12+ Jumps 11:45-12:15 High/Int/Low 12+ Stretch	7:30 -8:20 High/Int/Low FS	11:00-12:00 High/Int Conditioning Alex/ProRehab	7:30 -8:20 High/Int/Low FS	9:10-9:40 High/Int Jumps	7:30 -8:20 High/Int/Low FS	11:00-12:00 High/Int Conditioning Alex/ProRehab 12:35-1:20 Int/Low Conditioning Alex/ProRehab	7:30 -8:20 High/Int/Low FS	10:55-11:20 Int/Low Yoga/Sretch				
8:20-9:10 High/Int FS		8:20-9:10 High/Int FS		8:20-9:10 Int/Low FS		8:20-9:10 High/Int FS		8:20-9:10 High/Int FS		8:20-9:10 High/Int/Low Ensemble Class	8:20-9:10 High/Int/Low FS		
9:10-9:30 High/Int Power		9:10-9:20 Ice Cut		9:10-9:20 Ice Cut		9:10-9:20 Ice Cut		9:10-9:20 Ice Cut		9:10-9:20 Ice Cut	9:10-9:30 Int/Low Power		
9:30-9:40 Ice Cut		9:20-10:10 High/Int/Low FS		9:20-10:10 Int/Low FS	10:45-11:15 Int/Low Jumps	9:20-10:10 High/Int FS		9:20-10:10 High/Int/Low Ensemble Class		9:20-10:10 High/Int FS	9:30-9:40 Ice Cut		
9:40-10:30 High/Int/Low FS		10:10-10:30 High/Int/Low Jumps Class		10:10-10:30 High/Int/Low Spins Session		10:10-10:30 High/Int/Low FS		10:10-10:30 High/Int/Low Ensemble Class		10:10-10:30 High/Int/Low Ensemble Class	9:40-10:30 Int/Low FS		
10:30-11:20 Int/Low FS		10:30-11:20 Int/Low FS		10:30-11:20 High/Int FS	11:00-12:00 High/Int Conditioning Alex/ProRehab	10:30-11:20 High/Int FS		11:00-12:00 High/Int Conditioning Alex/ProRehab 12:35-1:20 Int/Low Conditioning Alex/ProRehab		10:30-11:20 High/Int/Low FS	10:30-11:20 High/Int FS	10:30-11:20 High/Int FS	
11:20-11:30 Ice Cut		11:20-11:30 Ice Cut		11:20-11:30 Ice Cut		11:20-11:30 Ice Cut				11:20-11:30 Ice Cut	11:20-11:30 Ice Cut	11:20-11:30 Ice Cut	11:20-11:30 Ice Cut
11:30-12:30 Hi/Int/Low FS		11:30-12:20 In/Low FS		11:30-12:20 High/Int/Low FS		11:30-12:20 High/Int/Low FS				11:30-12:30 Open FS	11:30-12:30 High/Int FS Ice Cut	11:30-12:30 High/Int FS Ice Cut	11:30-12:30 High/Int FS Ice Cut
	12:40-1:10 Int/Low Stretch	1:15-1:45 Synchro Off Ice		12:20-1:00 High/Int/Low									
					2:00-3:00 High/Int/Low Yoga *Virtual								

**Evening**

**Monday**

5:30-6:00
6:00-6:30 LTS/Jr A
6:30-6:40 Ice Cut
6:40-7:30 Adult

**Wednesday**

5:30-6:00 LTS/Jr A	
Free Skate	
6:00-6:30 LTS/Jr A	6:45-7:15 Jr.A Off Ice
6:30-7:00 LTS	