



# THE SKATER'S LAB

## WEEKLY SUMMER SCHEDULE

SUMMER SCHEDULE											
TIMES	MON ON ICE	MONDAY OFF ICE	TUES ON ICE	TUES OFF ICE	WED ON ICE	WED OFF ICE	THURS ON ICE	THURS OFF ICE	FRI ON ICE	FRI OFF ICE	CLASS DESCRIPTIONS
730-815	HIGH FREESTYLE		HIGH FREESTYLE		HIGH FREESTYLE		HIGH FREESTYLE		HIGH FREESTYLE		HIGH FREE--Skater must have passed Bronze Skating Skills
815-9	HIGH FREESTYLE		HIGH FREESTYLE		HIGH FREESTYLE	LOW CHOREOGRAPHIC DANCE WITH BETH'S DANCE CENTER 800-845	HIGH FREESTYLE		HIGH FREESTYLE	LOW BALLET WITH BETH'S DANCE CENTER 800-845	MIXED FREE--Any level skaters can skate
9-945	MIXED FREESTYLE		MIXED FREESTYLE		MIXED FREESTYLE		MIXED FREESTYLE		MIXED FREESTYLE		LOW FREE--Skater must not have yet passed Bronze Skating Skills
945-915	ICE MAKE	945-1015 SKILLS GROUP 1 ON STUDIO ICE(GROUPS TBD--BASED ON SKILL LEVEL)	ICE MAKE	945-1015 SKILLS GROUP 2 ON STUDIO ICE(GROUPS TBD--BASED ON SKILL LEVEL)	ICE MAKE	945-1015 SKILLS GROUP 3 ON STUDIO ICE(GROUPS TBD--BASED ON SKILL LEVEL)	ICE MAKE	945-1015 SKILLS GROUP 4 ON STUDIO ICE(GROUPS TBD--BASED ON SKILL LEVEL)	ICE MAKE	945-1015 SKILLS GROUP 5 ON STUDIO ICE(GROUPS TBD--BASED ON SKILL LEVEL)	HIGH POWER--On Ice Power Class for High Free Skaters
1000-1045	MIXED FREESTYLE		MIXED FREESTYLE		MIXED FREESTYLE		MIXED FREESTYLE		MIXED FREESTYLE		LOW POWER--On Ice Power Class for low free skaters
1045-1130	LOW FREESTYLE		LOW FREESTYLE		LOW FREESTYLE		LOW FREESTYLE		LOW FREESTYLE		Stretching Classes--deep stretching with a certified yoga instructor
1130-1215	LOW FREESTYLE	1200-1230 BASIC 4-6, JR CLUB LEVEL SKILLS CLASS STUDIO ICE	LOW FREESTYLE	HIGH STRETCHING WITH KRISTIE	LOW FREESTYLE	HIGH CHOREOGRAPHIC DANCE WITH BETH'S DANCE CENTER	LOW FREESTYLE	HIGH PILATES WITH KRISTIE	LOW FREESTYLE	HIGH BALLET WITH BETH'S DANCE CENTER	Pilates Classes--pilates taught by a certified pilates instructor
ICE MAKE											Choreographic Dance and Ballet classes taught by a certified dance instructor
1230-100	HIGH POWER	LOW OFF ICE		1230-115 LOW STRETCHING WITH KRISTIE		1230-130 CONDITIONING DAY WITH 2 COACHES MIXED LEVEL SESSION		1230-115 LOW PILATES WITH KRISTIE			Studio Ice Skills Classes--Each skater will be grouped with skaters at their level and will attend the same skills class day of the week each week.Each group will have a designated coach who will be with them through their skill building journey.
100-130	LOW POWER										Off Ice Classes--Will be taught by a figure skating coach and will focus on various cardiovascular and muscle building techniques relevant to skating.
115-145		HIGH OFF ICE									
SKATER MUST PURCHASE FREESTYLE PUNCH SESSIONS THROUGH PARK & REC TO COVER ICE TIME. SCHEDULE IS SUBJECT TO CHANGE.											

