

Schedule of Classes

August 18 - October 23

There will be no classes October 2

Wednesday

5:00 p.m.
Snowplow Sam 1
Snowplow Sam 2
Snowplow Sam 3
Basic 1
Basic 2
Basic 3 & 4
Hockey 2

5:30 p.m.
Parent & Me
Basic 5 & 6
Basic 7 & 8
Free Skate 1 & 2
Free Skate 3 & 4
Free Skate 5 & 6
Hockey 1

Thursday

Coffee Club 10:00 a.m.

5:00 p.m.
Beg. Stroking
Free Skate 3 & 4
Free Skate 5 & 6

5:30 p.m.
Snowplow Sam 1
Snowplow Sam 2
Snowplow Sam 3
Basic 1
Basic 2
Basic 3 & 4
Basic 5 & 6
Basic 7 & 8
Free Skate 1 & 2

Saturday

9:15 a.m.
Adults
Basic 7 & 8
Free Skate 1 & 2
Free Skate 3 & 4
Free Skate 5 & 6
Axel
Double Jump

9:45a.m.
Snowplow Sam 1
Snowplow Sam 2
Snowplow Sam 3
Basic 1
Basic 2
Basic 3 & 4
Basic 5 & 6



Off Ice Stretch

Saturday 8:15 a.m.

Perfect for warming up before stroking and Skating Academy classes.

Stroking

Beginning Stroking Technique*

Thursday 5:00 p.m.

Saturday 8:55 a.m.

Intermediate Stroking & Conditioning

Saturday 8:55 a.m.

Advanced Stroking & Conditioning

Saturday 7:00 a.m.

Ask about our Fast Track Program

*Specialty classes consist of Stroking classes and Moves in the Field class and do not qualify for the Fast Track Program on their own. Enrollment in to Specialty classes is based upon a skater's level.

All other classes are considered core classes. Skaters must be enrolled in a core class in order to upgrade to the Fast Track Program. Off ice dance and stretch classes are not included.



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