



revised 06-08-16

SUMMER TRAINING 2016

June 13 – August 13

Name:				Initials (if pro)				Date: __/__/__
Blue Rink	Monday	Tuesday	Wednesday	Thursday	Friday	Fee*		
6:00 – 6:30am	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	\$7.75	
6:30 – 7:00am	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	\$7.75	
7:00 – 7:30am	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	\$7.75	
7:30 – 8:00am	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	\$7.75	
8:10 – 8:40am	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	\$7.75	
8:40 – 9:10am	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	\$7.75	
9:20 – 9:50am	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	\$7.75	
9:50 – 10:20am	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	\$7.75	
10:30 – 11:00am	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	\$7.75	
11:00 – 11:30am	Power I/H <input type="checkbox"/>	FS I 7.75 <input type="checkbox"/>	Power I/H <input type="checkbox"/>	FS I 7.75 <input type="checkbox"/>	Power I/H <input type="checkbox"/>	Power I/H <input type="checkbox"/>	\$18	
11:40 – 12:10pm	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	\$7.75	
12:10 – 12:40pm	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	FS H <input type="checkbox"/>	\$7.75	
12:50 – 1:20pm	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	\$7.75	
1:20 – 1:50pm	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	FS I <input type="checkbox"/>	\$7.75	
2:00 – 2:30pm	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	\$7.75	
2:30 – 3:00pm	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	FS I/H <input type="checkbox"/>	\$7.75	
3:10 – 3:40pm	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	\$7.75	
3:40 – 4:10pm	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	\$7.75	
4:10 – 4:40pm	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	\$8.75	
4:40 – 5:10pm	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	FS L/H <input type="checkbox"/>	\$8.75	

Blue Rink	Saturday	Fee		Fee
7:40 – 8:10am	MDFS L/H <input type="checkbox"/>	\$8.75		
8:10 – 8:40am	MDFS L/H <input type="checkbox"/>	\$8.75		
8:40 – 9:10am	MDFS L/H <input type="checkbox"/>	\$8.75		
12:10 – 12:40pm	LTS Practice <input type="checkbox"/>	\$8.75	In class-no coach <input type="checkbox"/>	\$6.75
12:40 – 1:10pm	LTS Practice <input type="checkbox"/>	\$8.75	In class-no coach <input type="checkbox"/>	\$6.75

No ice 7-4-16

Overdraft fee \$2.00

* 2.00 additional per session if not pre-registered

Pro Fee: Inhouse: \$.50 per session Out of House: \$1.00 per session. No refunds on advance sales.

Private off ice training fee: Room \$5/half hour, Lobby/Grounds \$2.50/half hour

Freestyle Levels:

- High: Skaters competing at the Novice, Junior and Senior levels.
- Int.: Skaters competing at the Juvenile or Intermediate level, and skaters testing their Juvenile through Senior Freeskating Tests.
- Low: Skaters competing at the Pre-Juvenile level and below, as well as skaters in the ISI Freestyle Levels.
- LTS Practice: Tots through FS 3 and Preliminary moves. (NO ICE DANCING.)
- Semi-private lessons only allowed on LTS practice



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6:20 – 6:50am	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$7.75
6:50 – 7:20am	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$7.75
7:20 – 7:50am	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$7.75
8:00 – 8:30am	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$7.75
8:30 – 9:00am	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$7.75
9:00 – 9:30am	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$7.75
9:30 – 10:00am	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$7.75
10:10 – 10:35am	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	10:10 – 10:40 \$7.75	\$6.75
10:35 – 11:00am	spin class \$15 <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	spin class \$15 <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$6.75
11:00 – 11:30am	Power L/I <input type="checkbox"/>	Power L/I <input type="checkbox"/>	Power L/I <input type="checkbox"/>	Power L/I <input type="checkbox"/>	10:40 – 11:10 \$7.75 MDFS L/H <input type="checkbox"/>	\$18
11:30 – 12:00pm	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>		\$7.75
12:10 – 12:40pm	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>		\$7.75
12:40 – 1:10pm	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>		\$7.75
1:10 – 1:40pm	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$7.75
1:40 – 2:10pm	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$7.75
2:20 – 2:50pm	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$7.75
2:50 – 3:20pm	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$7.75
3:20 – 3:50pm	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	MDFS L/H <input type="checkbox"/>	\$7.75
4:00 – 4:30pm	LTS Practice <input type="checkbox"/>	LTS Practice <input type="checkbox"/>	LTS Practice <input type="checkbox"/>	LTS Practice <input type="checkbox"/>	LTS Practice <input type="checkbox"/>	\$8.75
	In class-no coach <input type="checkbox"/>	In class-no coach <input type="checkbox"/>	In class-no coach <input type="checkbox"/>	In class-no coach <input type="checkbox"/>	In class-no coach <input type="checkbox"/>	\$6.75
4:30 – 5:00pm	LTS Practice <input type="checkbox"/>	LTS Practice <input type="checkbox"/>	LTS Practice <input type="checkbox"/>	LTS Practice <input type="checkbox"/>	LTS Practice <input type="checkbox"/>	\$8.75
	In class-no coach <input type="checkbox"/>	In class-no coach <input type="checkbox"/>	In class-no coach <input type="checkbox"/>	In class-no coach <input type="checkbox"/>	In class-no coach <input type="checkbox"/>	\$6.75

Red Rink	Saturday	Fee			Fee
8:00 – 8:30am	FS I/H <input type="checkbox"/>	\$8.75	10:10 – 10:40am	FS I/H <input type="checkbox"/>	\$8.75
8:30 – 9:00am	FS I/H <input type="checkbox"/>	\$8.75	10:40 – 11:10am	FS I/H <input type="checkbox"/>	\$8.75
9:00 – 9:30am	FS I/H <input type="checkbox"/>	\$8.75	11:10 – 11:40am	FS I/H <input type="checkbox"/>	\$8.75
9:40 – 10:10am	FS I/H <input type="checkbox"/>	\$8.75			

No ice 7-4, 7-30 after 9:30

Staff _____

Off Ice	Monday	Tuesday	Wednesday	Thursday	Friday	Fee*
9:45 – 10:15am		Ballet <input type="checkbox"/>		Ballet <input type="checkbox"/>		\$5.00
10:15 – 10:45am		Ballet <input type="checkbox"/>		Ballet <input type="checkbox"/>		\$5.00
9:35 – 10:05am	Pilates L <input type="checkbox"/>		Pilates L <input type="checkbox"/>			\$5.00
10:10 – 10:40am	Pilates H <input type="checkbox"/>		Pilates H <input type="checkbox"/>			\$5.00
12:30 – 1:00pm	Stretch Class <input type="checkbox"/>	Perf Artistic <input type="checkbox"/>	Off Ice Jump <input type="checkbox"/>	Perf Artistic <input type="checkbox"/>		\$13.00
1:00 – 2:00pm	Coach Fischetti <input type="checkbox"/>		Coach Fischetti <input type="checkbox"/>		Coach Fischetti <input type="checkbox"/>	\$7.50
2:00 – 3:00pm	Coach Fischetti <input type="checkbox"/>		Coach Fischetti <input type="checkbox"/>		Coach Fischetti <input type="checkbox"/>	\$7.50