



revised 05-15-17

SUMMER TRAINING 2017

June 12 – August 12

Name:	Initials (if pro)			Date: <u> </u> / <u> </u> / <u> </u>		
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
11:00 – 11:30am	Power I/H <input type="checkbox"/>	FS I 8.00 <input type="checkbox"/>	Power I/H <input type="checkbox"/>	FS I 8.00 <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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$9.00
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"/>	\$9.00

Blue Rink	Saturday	Fee		Fee
7:40 – 8:10am	MDFS L/H <input type="checkbox"/>	\$9.00		
8:10 – 8:40am	MDFS L/H <input type="checkbox"/>	\$9.00		
8:40 – 9:10am	MDFS L/H <input type="checkbox"/>	\$9.00		
12:10 – 12:40pm	LTS Practice <input type="checkbox"/>	\$9.00	In class-no coach <input type="checkbox"/>	\$7.00
12:40 – 1:10pm	LTS Practice <input type="checkbox"/>	\$9.00	In class-no coach <input type="checkbox"/>	\$7.00

No ice 7-4-17

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



SUMMER TRAINING 2017

June 12 – August 12

Name:			Initials (if pro)	Date: / /		
Red Rink	Monday	Tuesday	Wednesday	Thursday	Friday	Fee*
6:00 – 6:20am	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"/>	\$6.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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 \$8.00 MDFS L/H <input type="checkbox"/>	\$7.00
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"/>	\$7.00
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 \$8.00 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"/>		\$8.00
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"/>		\$8.00
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"/>		\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$8.00
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"/>	\$9.00
	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"/>	\$7.00
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"/>	\$9.00
	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"/>	\$7.00

Red Rink	Saturday	Fee			Fee
8:00 – 8:30am	FS I/H <input type="checkbox"/>	\$9.00	10:10 – 10:40am	FS I/H <input type="checkbox"/>	\$9.00
8:30 – 9:00am	FS I/H <input type="checkbox"/>	\$9.00	10:40 – 11:10am	FS I/H <input type="checkbox"/>	\$9.00
9:00 – 9:30am	FS I/H <input type="checkbox"/>	\$9.00	11:10 – 11:40am	FS I/H <input type="checkbox"/>	\$9.00
9:40 – 10:10am	FS I/H <input type="checkbox"/>	\$9.00			

No ice 7-4

Staff _____

Off Ice	Monday	Tuesday	Wednesday	Thursday	Friday	Fee*
9:45 – 10:15am		Ballet <input type="checkbox"/>				\$5.00
10:15 – 10:45am		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		Dance Artistic <input type="checkbox"/>		Jump <input type="checkbox"/>		\$13.00
12:45 – 1:45pm	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