

Swan City Ice Skaters Summer Schedule

July 8th-August 25

Sunday		Monday		Tuesday-am		Wednesday		Thursday-am		Friday
		Contracted ice 9:00-11:00am		Contract Ice 9:00-12:15		Contract Ice 9:00-11:00		Contract Ice 9:00-12:15		
	Int/Nov-off ice video/choreo 3:00-3:20	Contract Ice 3:00-6:00		8:15-8:45 Open 8:45-9:15 on ice cardio 9:15-10:00 synchro elements 10:00-10:15 zam 10:15-10:45 Edges and power 10:45-11:15 on ice movement 11:15-12:15 Turns & turn series 11:45-12:15 Open (moves pract.)		Contracted ice-any 3:00-6:00pm		8:15-8:45 Open 9:00-9:30 off ice jumps/plyo 9:30-9:45 skates on 9:45-10:15 AIM (artistry/dance) 10:15-10:45 jumps 10:45-11:15 spins 11:15-12:15 Open		Contract Ice 9:00-11:00
BD	Int/Nov-on ice 3:30-6:00pm	Jumps & spins low 4:00-4:30	Team 1 5:00-6:00			High jumps & spins 4:00-4:30				
	Int/Nov-PH 4:45-5:45	Beg/low moves 4:30-5:00	Team 2 5:00-6:00			Basics & power ed. 4:30-5:00				
Int/Nov-PH 6:30-7:30	Int/Nov-on ice 6:15-9:00pm	ZAM 6:00-6:15				Med/high moves 4:30-5:00pm				
		SPS-PRE - 6:15-6:45	Flying solo 6:45-7:15	Hartmeyer Rink Intermed/Novice synchro pilates both teams 12:30-6:15		SPS-PRE-FS 5:00-5:30	powerhouse offered on thurs eves? for juv and above skaters?			
		FS 1-6 - 6:45-7:15				Team 2-off ice 5:00-5:30			Juv off ice Choreo 5:15-6:15	
MIA	Juv - off ice pilates after on ice 2:00-5:45	Basics practice ice				Team 2-on ice 5:30-6:00			ZAM 6:00-6:15	
		Contract ice 6:45-10:00				Juv on ice 6:15-8:15			Team 2-on ice 6:15-6:45	
		Med/High moves 7:15-7:45				Contract Ice 6:45-10				
		High jumps and spins 7:45-8:15								

PH=Power House