

SKATER'S NAME: _____ Email: _____ Phone # _____

Directions:

Please circle the day(s) of the week for each class or session in which you wish to enroll.

High FS: Intermediate and above ONLY

Low FS: Below Intermediate

Open FS: All levels

Pro: Must be with a coach

A = American Rink

O = Olympic Rink

H = Human Performance Lab (Off Ice)

C = Classroom

Please note that you are limited to freestyle sessions between the hours of 7:30am-4pm due to transportation and housing schedule.

Week of: _____

of Pre-Registered & paid 2 wks in adv.) sessions

_____ x \$8.00/each = _____

of Walk-On Sessions

_____ x \$9.25/each = _____

of Walk-On Classes

_____ x \$11.00/each = _____

Saturday sessions are "Walk-On" only.

6:30-7:10	A	Open Free Style	Mon	Tue	Wed	Thu	Fri
7:10-7:50	A	High Free Style	Mon	Tue	Wed	Thu	Fri
7:20-8:00	O	Open Free Style	Mon	Tue	Wed	Thu	Fri
7:50-8:30	A	Open Free Style	Mon	Tue	Wed	Thu	Fri
8:00-8:30	O	Low Jump class	Mon				
8:00-8:30	O	Low Power class		Tue			Fri
8:00-8:30	O	Low Spin class			Wed		
8:00-8:30	O	Low Stroking/steps class				Thu	
8:30-9:10	O	Open Free Style	Mon	Tue	Wed	Thu	Fri
9:20-10:00	O	Open Free Style/Dance	Mon	Tue	Wed	Thu	Fri
10:00-10:30	A	High Jump class	Mon				
10:00-10:30	A	High Power class		Tue			Fri
10:00-10:30	A	High Spin class			Wed		
10:00-10:30	A	High Stroking/steps class				Thu	
10:00-10:40	O	Open Free Style/Dance	Mon	Tue	Wed	Thu	Fri
10:40-11:20	O	Open Free Style/Dance	Mon	Tue	Wed	Thu	Fri
10:40-11:20	A	High Free Style	Mon	Tue	Wed	Thu	Fri
11:00-1:00		High & Low Lunch					
11:20-12:00	A	High Free Style	Mon	Tue	Wed	Thu	
11:20-12:00	A	Open Free Style/Pairs					Fri
11:30-12:10	O	Open Free Style/Dance	Mon	Tue	Wed	Thu	
12:10-12:50	O	Open Free Style/Dance	Mon	Tue	Wed	Thu	
12:15-12:55	A	Competitive Pairs	Mon	Tue	Wed	Thu	
12:15-12:55	A	Open Free Style/Pairs					Fri
12:15-1:00	H	Low Conditioning class	Mon		Wed		Fri
12:15-1:00	H	Low Zumba class		Tue		Thu	
12:15-1:00	C	High Ballet class	Mon		Wed		Fri
12:15-1:00	C	High Jazz class		Tue		Thu	
12:55-1:35	A	Open Free Style/Pairs					Fri
12:55-1:35	A	Competitive Pairs	Mon	Tue	Wed	Thu	
12:50-1:30	O	Open Free Style	Mon	Tue	Wed	Thu	
1:00-1:45	C	Low Jazz class		Tue		Thu	
1:00-1:45	C	Low Ballet class	Mon		Wed		Fri
1:00-1:45	H	High Conditioning class	Mon		Wed		Fri
1:00-1:45	H	High Zumba class		Tue		Thu	
1:35-2:15	A	Open Free Style/Pairs					Fri
1:35-2:15	A	Competitive Pairs	Mon	Tue	Wed	Thu	
1:40-2:20	O	Open Free Style/Dance	Mon	Tue	Wed	Thu	
2:25-3:05	A	High/Pair Session	Mon	Tue	Wed	Thu	
2:25-3:05	A	Open Free Style/Dance/Pairs					Fri
2:20-3:00	O	Open Free Style	Mon	Tue	Wed	Thu	
3:05-3:45	A	Open Free Style/Dance	Mon	Tue	Wed	Thu	Fri
3:00-3:40	O	Low Free Style	Mon	Tue	Wed		
3:00-3:40	O	Program Run Through				Thu	
3:50-4:30	O	Open Free Style/Pairs	Mon	Tue	Wed	Thu	
3:45-4:25	A	Open Free Style/Dance	Mon	Tue	Wed	Thu	Fri
4:35-5:15	A	Open Free Style/Dance	Mon	Tue	Wed	Thu	Fri
4:30-5:10	O	Open Free Style/Pairs	Mon	Tue	Wed	Thu	
5:15-5:55	A	Open Free Style/Dance/Pairs	Mon	Tue	Wed	Thu	Fri
5:55-6:35	A	Open Free Style/Dance/ Pairs	Mon	Tue	Wed	Thu	Fri