

Revised Tentative 2019 Summer Schedule (May 28 - August 8). Updated May 6th

		May	June	July	August
*Level requirement FS Open for Low/Hockey - No test required. Max 20 skaters per session FS Adult/Open - Adults have right of way FS Int - Free Skate one through Preliminary Free skate. Max 20 skaters per session FS Elite/High - Must Passed Preliminary Free skate test. Max 15 Skaters per session	NSA Elite Summer Training program dates	28,29,30	3, 4, 5, 6, 7	1, 2, 3, 5	1
			10,11, 12, 13, 14	8, 9, 10, 11, 12	5, 6,7,8
			17, 18, 19, 20, 21	15, 16, 17, 18, 19	
			24, 25, 26, 27, 28	29, 30, 31	

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday
Rink A	Off Ice	Rink A	Off Ice	Rink A	Off Ice	Rink A	Off Ice	Rink A	Off Ice	Rink A
6:30 - 7:30 FS Adult/Open		6:30 - 8:00 FS Adult/Open		6:30 - 8:00 FS Adult/Open 7:30 - 8:00 Adult Curry		6:30 - 7:30 FS Adult/Open		6:30 - 8:00 FS Adult/Open 7:30 - 8:00 Adult Varsity Class		8:45-9:45am FS Open
7:30 - 8:30 FS Open		Ice Cut 8 - 8:15		Ice Cut 8 - 8:15		7:30 - 8:30 FS Open		Ice Cut 8 - 8:15		9:00-9:45am Rising Stars
Ice Cut 8:30 - 8:45		8:15 - 9:15 FS Elite/High		8:15 - 9:15 FS Elite/High		Ice Cut 8:30 - 8:45		8:15 - 9:15 FS Elite/High		Learn to Skate 9:45-10:45am
8:45 - 9:45 FS Elite/High		9:15 - 10:15 FS Int		9:15 - 10:15 FS Int		8:45 - 9:45 FS Elite/High		9:15 - 9:45 Power Skating		Rink B
9:45 - 10:15 Curry High/Int		10:15 - 10:45 Stroking High		10:15 - 10:45 Creative Movement	10:15 - 11:30 Ballet Elite/ High	Ice Cut 9:45-10		9:45 - 10:45 FS Int		10:45-11:45 FS Open
Ice Cut 10:15 - 10:30		Ice Cut 10:45-11	10:55 - 11:25 Jump Int	Ice Cut 10:45-11	11:30 - 12:15 Ballet Int	10:00 - 11:15 Program Practise		Ice Cut 10:45-11		11:45-12:45 FS Open
10:30 - 11:30 FS Int		Public Session	11:25 - 11:55 Jump High	Public Session		11:15-11:45 Stroking High Interval Training		Public Session	10:30 - 11:30 Ballet Elite/High	
11:30 - 12:00 Spin High			12 - 1 Stretch		12:15 - 1:15 Conditioning Int	11:45 - 12:45 FS Int	12:20 - 12:50 Jump High			11:30 - 12:15 Ballet Int
Ice Cut 12 - 12:15		Ice Cut 1 - 1:15		Ice Cut 1 - 1:15		Ice Cut 12:45 - 1	1:00 - 1:30 Jump Int			
12:15 - 1:15 FS Elite/High	12:00 - 1:00 Pilates Int	1:15 - 2:15 FS Elite/High		1:15-2:15 FS Elite/High		1:00 - 2:00 FS Elite/High		Ice Cut 1 - 1:15		
1:15 - 1:45 Curry Elite		2:15 - 2:45 Stroking Int		2:15-3:15 FS Int		2:00 - 2:30 MIF High		1:15 - 1:45 Curry Elite		
Ice Cut 1:45 - 2		Ice Cut 2:45 - 3		Ice Cut 3:15-3:30		2:30 - 3:00 MIF Int		1:45 - 2:15 Spin Int		
2:00-3:00 FS Int	2:00 - 3:00 Pilates High	3:00 - 3:45 Patch		3:30 - 4:15 Patch		3:00 - 3:30 Curry High/Int		2:15 - 3:15 FS Open	2:00 - 3:00 Conditioning High	
3:00 - 4:00 FS Open		3:45 - 4:45 FS Open TOI		4:15 - 5:15 FS Open		Ice Cut 3:30 - 3:45		3:15 - 4:15 FS Open		
4:00-5:00 FS Open		4:45 - 5:45pm Open FS Rising Stars 5-5:45pm				3:45 - 4:45 FS Open TOI		4:15 - 5:15 FS Open	3:30 - 4:30 Fun Friday	
5:00-5:30 Stroking Int/ Low		5:45-6:45pm Learn to Skate				4:45-5:45 FS Open				
						5:45-6:45pm Learn to Skate				

*Level requirement is tentative, might be adjusted according to the final sign up numbers

Walk-On Ice:	\$15 per hour session	All walk on children 12 years old and under must have parent in attendance, spaces are limited base on availability
Walk-On class:	\$20 for all on and off ice classes except for Learn to Skate or Rising stars classes	