

LOUISVILLE SKATING ACADEMY

SUMMER TRAINING PROGRAM 2009 -- Draft

5-May-09

	Monday	Tuesday	Wednesday	Thursday	Friday		
7:00-7:10	High Freestyle	High/Intermediate/Low Freestyle	High Freestyle	High/Intermediate Freestyle	High/Intermediate/Low Freestyle		
7:10-7:20							
7:20-7:30							
7:30-7:40							
7:40-7:50							
7:50-8:00	High/Intermediate Freestyle	High/Intermediate Freestyle	High Power	High/Intermediate Freestyle	High/Intermediate Freestyle		
8:00-8:10			Ice Make				
8:10-8:20			High/Intermediate Freestyle			High/Intermediate Power	High/Intermediate Power
8:20-8:30							
8:30-8:40	High Power	High/Intermediate Power	High/Intermediate Power	High Power			
8:40-8:50	Ice Make	Ice Make	High/Intermediate Freestyle	Ice Make	Ice Make		
8:50-9:00	Ice Make	Ice Make		Ice Make	Ice Make		
9:00-9:10	Intermediate/ Low Dance	High Dance		Regional Competitor Session	Intermediate/Low Dance		
9:10-9:20	High/Intermediate Freestyle	High Freestyle		High/Intermediate Freestyle	High Freestyle	High/Intermediate/Low Freestyle	
9:20-9:30							
9:30-9:40							
9:40-9:50							
9:50-10:00							
10:00-10:10	Intermediate/Low Power	Intermediate/Low Power	Youth Synchro Team Practice	High Dance	Intermediate/Low Power		
10:10-10:20							
10:20 - 10:30							
10:30 - 10:40	Ice Make	Ice Make	Ice Make	Ice Make	Ice Make		
10:40-10:50	Intermediate/Low Freestyle	Intermediate/Low Freestyle	Intermediate/Low Freestyle	Ice Make	Intermediate/Low Freestyle		
10:50-11:00				Intermediate/Low On Ice Class			
11:00-11:10				Intermediate/Low Freestyle		Intermediate/Low Freestyle	Intermediate/Low Freestyle
11:10-11:20							
11:20 - 11:30	Off Ice Conditioning (10:45 - 1:00 "Drop In")	Off Ice Conditioning (10:45 - 1:00 "Drop In")	Intermediate/Low Freestyle	Off Ice Conditioning (10:45 - 1:00 "Drop In")	Open Freestyle		
11:30 - 11:40	Intermediate/Low Freestyle	Intermediate/Low Freestyle				Intermediate/Low Freestyle	
11:40-11:50							
11:50-12:00	Intermediate/Low Freestyle	Intermediate/Low Freestyle	Intermediate/Low Freestyle	Off Ice Conditioning (10:45 - 1:00 "Drop In")	Open Freestyle		
12:00 - 12:10				Intermediate/Low Power		Intermediate/Low Power	
12:10 - 12:20							12:00 - 1:00 High Stretch 1:00 - 2:00 Inter. Stretch
12:20 - 12:30							

12:45 - 1:15 Low Conditioning

12:45 - 1:15 Low Conditioning

High/Inter./Low FS	High/Inter./Low FS
5:30-6:30	5:30-6:20
Learn-to-skate	High/Inter./Low FS
6:30 - 7:30	6:20-7:10
	Adult Synchro/Adult Class
	7:10 - 8:00

M, W, TH -- Off Ice Training For High and Inter.
T, F -- Stretch and Flexibility for High and Inter.
T, Th -- Low Conditioning