

Summer 2024	Registration May 16-19, 2nd payment due July 8
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On Ice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
7:30 - 8:20 AM High/Int/Low FS	7:30 - 8:20 AM High/Int/Low FS	7:30 - 8:20 AM High/Int/Low FS	7:30 - 8:20 AM High/Int/Low FS	7:30 - 8:20 AM High/Int/Low FS
8:20-9:10 AM High/Int FS	8:20-9:10 AM Int/Low FS	8:20-9:10 AM High/Int FS	8:20-9:10 AM Int/Low FS	8:20-9:10 AM High/Int FS
9:10-9:30 AM High/Int Power Class	9:10-9:30 AM High/Int/Low Spins Class	9:10-9:30 AM High/Int/Low Power Class	9:10-9:50 Prelim, Pre-Bronze, Bronze Skating Skills Class	9:10-9:40 Ice Dance Session & Preliminary Dance Class
9:30-9:40 AM Ice Cut	9:30-9:40 AM Ice Cut	9:30-9:40 AM Ice Cut	9:50-10:00 AM Ice Cut	9:40-9:50 AM Ice Cut
9:40-10:30 AM High/Int/Low FS	9:40 - 10:30 AM High/Int/Low FS	9:40-10:40 AM High/Int/Low FS	10:00 - 10:50 AM High/Int/Low FS	9:50-10:40 AM High/Int/Low FS
10:30-11:20 AM Int/Low FS	10:30 - 11:20 AM High/Int/Low FS	10:40-11:40 AM High/Int/Low FS	10:50-11:10 AM High/Int/Low Jumps	10:40-11:30 AM High/Int/Low FS
	10:20-11:30 AM Ice Cut			
11:20-11:40 AM Int/Low Power Class	11:30-12:20 PM High/Int FS	11:40 - 12:30 PM Synchro Class Pre Juve & Aspire 3	11:10 AM- 12:00 PM High/Int FS	11:30-12:30 PM Open FS
11:40 AM -12:30 PM High/Int/Low FS	12:20-1:10 High/Int/Low FS		12:00 - 12:40 PM Low/Aspire FS	

Evening

Monday	Wednesday
5:30 - 6:00 PM Aspire 1 Synchro June 24 - July 31	5:00-6:00 High/Int /Low FS June 5, 12, 19, 26
6:00 - 7:00 PM LTS/Aspire	6:00-7:00 LTS/Aspire
7:00-7:10 Ice Cut	

Summer 2024

Off Ice Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
11:00-11:30 AM High/Int Off Ice Jumps				
	11:30-12:10 Int/Low Conditioning & Jumps	11:50-12:40 High/Int/low yoga	12:50-1:30 Low/Aspire Off Ice Jumps & Conditioning	
12:40 PM - 1:10 PM Int/Low Off Ice Jumps	1:00 - 2:00 PM Conditioning (off site) 11+	12:50-1:40 High/Int/Low yoga	1:00 - 2:00 PM Conditioning (off site) 11+	

7:10-8:00 Adult
Session

LSA Level Definitions

Low - Basic 4 and up (recommend to have a lesson if under basic 6)

Intermediate - Bronze Skating Skills and/or Pre-Bronze Singles, Adult Silver Skating Skills

High - Silver Skating Skills, Pre-Silver Singles, Adult Gold Skating Skills

Camps

Aspire Summer Summit - Monday/Wednesday 6-7pm June 3 - 19 (introduction to synchro & ice dance, + free skate w/private lessons) *Aspire membership or higher required

Coollest Camp in Town - June 17-20, 1-4 pm. Open to skaters ages 3-13, beginning level.

Summer Aspire Camp - June 17-20, 12:00 - 4:00 PM

Frozen FEAT Summer Camp - July 10, 17, 24, 31 - 5-6pm. Open to skaters on the autism spectrum and their siblings.

Fire & Ice - Thursday, July 25, 5-7 PM

Test Session - Friday, June 28