

ON ICE CLASS	OFF ICE CLASS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		THEME	USA DAY	GREAT GATSBY - "FLAPPERS"	80'S DAY	SUPER HEROES & VILLAINS	DISCO FEVER
	7:30am - 8:00am	Mezzanine	Dynamic Stretch	Dynamic Stretch	Dynamic Stretch	Dynamic Stretch	Dynamic Stretch
7:10AM - 8:00AM		USA RINK	Patch Session	Patch Session	Patch Session	Patch Session	Patch Session
8:00AM - 8:30AM		USA RINK	School Figures / Patch	School Figures / Patch	School Figures / Patch	School Figures / Patch	School Figures / Patch
8:30AM - 9:00AM		USA RINK	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement
9:00AM - 9:30AM		USA RINK	The Key to Edge Jumps	Skating Skills: Pre - Adult Pre - Bronze		Skating Skills: Adult Bronze	Skating Skills: Adult Silver
	11:15AM - 11:45AM	Mezzanine	Thera-Band Strength Class	Ballet / Dance	Thera-Band Strength Class	Ballet / Dance	Thera-Band Strength Class
11:15AM - 12:05PM		1980 RINK	Skating Skills Session	Skating Skills Session	Skating Skills Session	Skating Skills Session	Skating Skills Session
12:00PM - 12:30PM		USA RINK	Preparing for the Axel: Step 1	Choreography Development	Preparing for the Axel: Step 2	Interpretation & Presentation	Preparing for the Axel: Step 3
12:30PM - 1:00PM		USA RINK	TIPS for Great Edges	Twizzles, Twizzles, Twizzles	TIPS for Great 3 - Turns	Camels and Sit Spins	TIPS for Great Mohawks
1:00PM - 1:30PM		Mezzanine	Slide & Glide	Mastering Toe Jumps	Two-Foot, Scratch & Back Scratch Spins	Dead Dances	Footwork and Showstoppers!
1:45PM - 2:15PM		USA RINK	SOS - Foundations of Alignment	Brackets	SOS - Principles for Smoother Turns	Counters vs Rockers	SOS - Applying the Principles to Spins
2:15PM - 2:45PM		USA RINK	All things SPIRALS!	Spin Entries & Exits	Loop, Flip & Lutz Jumps	Spin Variations	Adult Group # Rehearsal
2:45PM - 3:15PM		USA RINK	Adult Group # Rehearsal	Adult Group # Rehearsal	Adult Group # Rehearsal	Adult Group # Rehearsal	Adult Group # Rehearsal
3:05PM - 3:15PM		1980 RINK			GROUP PHOTO WEAR SHIRT		
	3:20PM - 4:05PM	Mezzanine	Off - Ice Jumps	Jump and Spin Tech Talk	Theater / Dance Interpretation	Dynamic Warm-Up / Jump / Spin Prep	Pre-Competition Chalk Talk
3:15PM - 4:05PM		1980 RINK	Ice Dance Session	Ice Dance Session	Ice Dance Session	Ice Dance Session	Ice Dance Session
5:40PM - 6:30PM		USA RINK	Patch Session	Patch Session	Patch Session	Patch Session	Patch Session
8:00PM - 9:50PM		1932 RINK			CURLING SOCIAL		