

# Swan City Ice Skaters Summer Schedule

June 24-July 7

Sunday		Monday	Tuesday-am	Wednesday	Thursday-am	Friday
		Contracted ice 9:00-11:00am		Contract Ice 9:00-11:00		
		Contract Ice 3:00-6:00	Contract Ice 9:00-12:15		Contract Ice 9:00-12:15	
	Int/Nov-off ice/choreo 3:00-3:20	Jumps & spins low 4:00-4:40	8:15-8:45 Open 8:45-9:15 on ice cardio	Contracted ice-any 3:00-6:00pm	8:15-8:45 Open 9:00-9:30 off ice jumps/plyo	
BD	Int/Nov-on ice 3:30-6:00pm	Beg/low moves 4:30-5:00	9:15-10:00 synchro elements 10:00-10:15 zam	High jumps & spins 4:00-4:30	9:30-9:45 skates on 9:45-10:15 AIM (artistry/dance)	Contract Ice
	Int/Nov- PH 4:45-5:45	ZAM - 6:00-6:15	10:15-10:45 Edges and power 10:45-11:15 on ice movement	Basics & power ed. 4:30-5:00	10:15-10:45 jumps 10:45-11:15 spins	9:00-11:00
	Int/Nov- PH 6:30-7:30	Flying solo 6:45-7:15	11:15-12:15 Turns & turn series 11:45-12:15 Open (moves pract.)	Med/high moves 4:30-5:00pm	11:15-12:15 Open	
		SPS-PRE 6:15-6:45	Hartmeyer Rink Intermed/Novice synchro pilates both teams 12:30-6:15	SPS-PRE-FS 5:00-5:30		
MIA	Juv - off ice pilates after on ice 2:00-5:45	FS 1-6 - 6:45-7:15 Basics practice ice		Juv off ice-Choreo 5:15-6:15		
		Contract ice 6:45-10:00		ZAM - 6:00-6:15	Juv on ice 6:15-8:15	
		Med/High moves 7:15-7:45		Contract Ice 6:45-10		
		High jumps and spins 7:45-8:15				

PH=Power House