

## Summer Figure Skating School 2019

Week #1 Monday 6/10	Tuesday 6/11	Wednesday 6/12	Thursday 6/13	Friday 6/14
6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open
7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High
7:30-8:00am Med/High (Z)	7:30-8:00am Med/High (Z)	7:30-8:00am Med/High (Z)	7:30-8:00am Med/High (Z)	7:30-8:00am High (Z)
<b>8:05-8:35am Off ice jumps</b>		<b>8:05-8:35am Off ice conditioning</b>	<b>8:20-9:00am Figures</b>	<b>8:10-8:40am Edge Class M/H</b>
<b>8:30-9:00am Low FS</b>	<b>8:30-9:00am Low FS</b>	<b>8:30-9:00am Low FS</b>	<b>8:30 Off ice jumps Elite Camp</b>	9:00-9:30-am Open
<b>9:00-9:50am Elite Camp</b>	<b>9:00-9:50am Elite Camp</b>	<b>9:00-10:00am Elite Camp</b>	<b>9:00-10:00am Elite Camp</b>	9:30-10:00am Open (Z)
10:00-11:00am Adult	<b>10:00am Yoga* (all)</b>	<b>9:30-10:30 Hip Hop dance</b>	<b>10:10am On Ice Spin M/H</b>	<b>10:10-10:40am Low jump &amp; spin</b>
	9:50-10:20 Open	<b>10:30-11:30 Camp Hip Hop dance*</b>	zam	
	10:20-10:50 Open	10:10-10:40 Open		
	11:00-3:00pm Public Skate	11:00-3:00pm Public Skate	11:00-3:00pm Public Skate	



Week #2 Monday 6/17	Tuesday 6/18	Wednesday 6/19	Thursday 6/20	Friday 6/21
6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open
7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High
7:30-8:00am Med/High (Z)	7:30-8:00am Med/High (Z)	7:30-8:00am High (Z)	7:30-8:00am Med/High (Z)	7:30-8:00am High (Z)
<b>8:05-8:35am Off ice jumps</b>	<b>8:20-8:50am Figures</b>	<b>8:05-8:35am Off ice conditioning</b>	<b>8:20-9:00am Figures</b>	<b>8:10-8:40am Edge Class M/H</b>
8:10-8:40am Open	8:50-9:20am Open	8:10-8:40am Open	9:00-9:30am Open	9:00-9:30-am Open
8:40-9:10am- Open	9:20-9:50am Open	8:40-9:10am- Open (Z)	<b>9:30-10am On Ice Spin M/H</b>	9:30-10:00am Open (Z)
<b>9:10-9:40am On ice Jump M/H</b>	<b>10:00am Yoga*</b>	9:30-10:00 Open	10:10-10:40 Open	<b>10:10-10:40am Low jump &amp; spin</b>
zam 10:00-11:00 Adult	<b>9:50-10:20am Open (Z)</b>	<b>9:30-10:30 Hip Hop dance*</b>		
<b>10:00-10:30am Stretch Class*</b>	10:30-11:00am Open	zam 10:00-11:00 Adult		

Week #3 Monday 6/24	Tuesday 6/25	Wednesday 6/26	Thursday 6/27	Friday 6/28
6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open
7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High
7:30-8:00am Med/High	7:30-8:00am Med/High (Z)	7:30-8:00am High	7:30-8:00am Med/High (Z)	7:30-8:00am High
<b>8:05-8:35am Off ice jumps</b>	<b>8:20am Figures</b>	<b>8:05-8:35am Off ice conditioning</b>	<b>8:20-9:00am Figures</b>	<b>8:10-8:40am Edge Class M/H</b>
8:10-8:40am Open	8:50-9:20am Open	8:10-8:40am Open	9:00-9:30am Open	9:00-9:30-am Open
8:40-9:10am- Open	9:20-9:50am Open	8:40-9:10am- Open (Z)	<b>9:30-10am On Ice Spin M/H (Z)</b>	9:30-10:00am Open (Z)
<b>9:10-9:40am On ice Jump M/H</b>	<b>10:00am Yoga*</b>	9:30-10:00 Open	10:10-10:40 Open	<b>10:10-10:40am Low jump &amp; spin</b>
zam 10:00-11:00 Adult	<b>9:50-10:20am Open (Z)</b>	<b>9:30-10:30 Hip Hop dance*</b>		
<b>10:00-10:30am Stretch Class*</b>	10:30-11:00am Open	zam 10:00-11:00 Adult		

Week #4 Monday 7/1	Tuesday 7/24	Wednesday 7/3	Thursday 7/4	Friday 7/5
6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	<b>Happy 4th</b>	6:00-7:00am Open
7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	<b>Skaters may use extra stickers</b>	7:00-7:30am Med/High
7:30-8:00am Med/High	7:30-8:00am Med/High (Z)	7:30-8:00am High	<b>in the afternoon or Saturday</b>	7:30-8:00am High
<b>8:05-8:35am Off ice jumps</b>	<b>8:20am Figures</b>	<b>8:05-8:35am Off ice conditioning</b>	<b>this week only.</b>	<b>8:10-8:40am Edge Class M/H</b>
8:10-8:40am Open	8:50-9:20am Open	8:10-8:40am Open		9:00-9:30-am Open
8:40-9:10am- Open	9:20-9:50am Open	8:40-9:10am- Open (Z)		9:30-10:00am Open (Z)
<b>9:10-9:40am On ice Jump M/H</b>	<b>10:00am Yoga*</b>	9:30-10:00 Open		<b>10:10-10:40am Low jump &amp; spin</b>
<b>zam 10:00-11:00 Adult</b>	<b>9:50-10:20am Open (Z)</b>	<b>9:30-10:30 Hip Hop dance*</b>		
<b>10:00-10:30am Stretch Class*</b>	10:30-11:00am Open	<b>zam 10:00-11:00 Adult</b>		

Week #5 Monday 7/8	Tuesday 7/9	Wednesday 7/10	Thursday 7/11	Friday 7/12
6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open
7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High
7:30-8:00am Med/High	7:30-8:00am Med/High (Z)	7:30-8:00am High	7:30-8:00am Med/High (Z)	7:30-8:00am High
<b>8:05-8:35am Off ice jumps</b>	<b>8:20am Figures</b>	<b>8:05-8:35am Off ice conditioning</b>	<b>8:20-9:00am Figures</b>	<b>8:10-8:40am Edge Class M/H</b>
8:10-8:40am Open	8:50-9:20am Open	8:10-8:40am Open	9:00-9:30am Open	9:00-9:30-am Open
8:40-9:10am- Open	9:20-9:50am Open	8:40-9:10am- Open (Z)	<b>9:30-10am On Ice Spin M/H (Z)</b>	9:30-10:00am Open (Z)
<b>9:10-9:40am On ice Jump M/H</b>	<b>10:00am Yoga*</b>	9:30-10:00 Open	10:10-10:40 Open	<b>10:10-10:40am Low jump &amp; spin</b>
<b>zam 10:00-11:00 Adult</b>	<b>9:50-10:20am Open (Z)</b>	<b>9:30-10:30 Hip Hop dance*</b>		
<b>10:00-10:30am Stretch Class*</b>	10:30-11:00am Open	<b>zam 10:00-11:00 Adult</b>		

Week #6 Monday 7/15	Tuesday 7/16	Wednesday 7/17	Thursday 7/18	Friday 7/19
6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open
7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High
7:30-8:00am Med/High	7:30-8:00am Med/High (Z)	7:30-8:00am High	7:30-8:00am Med/High (Z)	7:30-8:00am High
<b>8:05-8:35am Off ice jumps</b>	<b>8:20am Figures</b>	<b>8:05-8:35am Off ice conditioning</b>	<b>8:20-9:00am Figures</b>	<b>8:10-8:40am Edge Class M/H</b>
8:10-8:40am Open	8:50-9:20am Open	8:10-8:40am Open	9:00-9:30am Open	9:00-9:30-am Open
8:40-9:10am- Open	9:20-9:50am Open	8:40-9:10am- Open (Z)	<b>9:30-10am On Ice Spin M/H (Z)</b>	9:30-10:00am Open (Z)
<b>9:10-9:40am On ice Jump M/H</b>	<b>10:00am Yoga*</b>	9:30-10:00 Open	10:10-10:40 Open	<b>10:10-10:40am Low jump &amp; spin</b>
<b>zam 10:00-11:00 Adult</b>	<b>9:50-10:20am Open (Z)</b>	<b>9:30-10:30 Hip Hop dance*</b>		
<b>10:00-10:30am Stretch Class*</b>	10:30-11:00am Open	<b>zam 10:00-11:00 Adult</b>		

Week # 7 Monday 7/22	Tuesday 7/23	Wednesday 7/24	Thursday 7/25	Friday 7/26
6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open
7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High
7:30-8:00am Med/High	7:30-8:00am Med/High (Z)	7:30-8:00am High	7:30-8:00am Med/High (Z)	7:30-8:00am High
<b>8:05-8:35am Off ice jumps</b>	<b>8:20am Figures</b>	<b>8:05-8:35am Off ice conditioning</b>	<b>8:20-9:00am Figures</b>	<b>8:10-8:40am Edge Class M/H</b>
8:10-8:40am Open	8:50-9:20am Open	8:10-8:40am Open	9:00-9:30am Open	9:00-9:30-am Open
8:40-9:10am- Open	9:20-9:50am Open	8:40-9:10am- Open (Z)	<b>9:30-10am On Ice Spin M/H (Z)</b>	9:30-10:00am Open (Z)
<b>9:10-9:40am On ice Jump M/H</b>	<b>10:00am Yoga*</b>	9:30-10:00 Open	10:10-10:40 Open	<b>10:10-10:40am Low jump &amp; spin</b>
<b>zam 10:00-11:00 Adult</b>	<b>9:50-10:20am Open</b>	<b>9:30-10:30 Hip Hop dance*</b>		
<b>10:00-10:30am Stretch Class*</b>	<b>9:50-10:20am Open (Z)</b>	<b>zam 10:00-11:00 Adult</b>		
	10:30-11:00am Open			

Week #8 Monday 7/29	Tuesday 7/30	Wednesday 7/31	Thursday 8/1	Friday 8/2
6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open	6:00-7:00am Open
7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High	7:00-7:30am Med/High
7:30-8:00am Med/High	7:30-8:00am Med/High (Z)	7:30-8:00am High	7:30-8:00am Med/High (Z)	7:30-8:00am High
<b>8:05-8:35am Off ice jumps</b>	<b>8:20am Figures</b>	<b>8:05-8:35am Off ice conditioning</b>	<b>8:20-9:00am Figures</b>	<b>8:10-8:40am Edge Class M/H</b>
8:10-8:40am Open	8:50-9:20am Open	8:10-8:40am Open	9:00-9:30am Open	9:00-9:30-am Open
8:40-9:10am- Open	9:20-9:50am Open	8:40-9:10am- Open (Z)	<b>9:30-10am On Ice Spin M/H (Z)</b>	9:30-10:00am Open (Z)
<b>9:10-9:40am On ice Jump M/H</b>	<b>10:00am Yoga*</b>	9:30-10:00 Open	10:10-10:40 Open	<b>10:10-10:40am Low jump &amp; spin</b>
<b>zam 10:00-11:00 Adult</b>	<b>9:50-10:20am Open (Z)</b>	<b>9:30-10:30 Hip Hop dance*</b>		
<b>10:00-10:30am Stretch Class*</b>	10:30-11:00am Open	<b>zam 10:00-11:00 Adult</b>		

**Off Ice jumps** is open to Med/High

**Off Ice conditioning** is for Med/High Skaters

Low Jump/spin is for Pre-Freeskate-Freeskate 6

Yoga,Hip Hop open to all levels & Figures open to FS 2 & up

Adult Only session is 18 and older

**Registration Reminders\*\* [www.carolinaicepalace.com](http://www.carolinaicepalace.com)**

**Weeks 1,2,3,4 are due no later than June 1**

**Weeks 5,6,7,8 are due no later than June 29th**

**If you need to pay with a weekly draft contact Stacey at [smons@carolinaicepalace.com](mailto:smons@carolinaicepalace.com).**

**The price increases \$10 per week if you opt for weekly draft.**

**Low Freestyle- Basic levels through No Test**

**Med Freestyles- No Test (FS6) through Juvenile**

**High Freestyles- Preliminary through Senior**

**(\*) open to all levels**