

August 2010 - page 1 - REVISED

Figure Skating Summer Schedule

MONDAYS

TUESDAYS

WEDNESDAYS

THURSDAYS

FRIDAYS

SATURDAYS

SUNDAYS

\$12 Buy-on for 45-60 minute on ice FS sessions and 45-60 minute on and off-ice classes
 \$9 Contract for 45-60 minute on ice FS sessions and 45-60 minute on and off-ice classes
 \$5 contract, \$6 buy-on for 30 minute MIF/Dance sessions and 30 minute off-ice classes

Full payment and contracted schedules for August are due by July 30th - NO Exceptions!

FS=Freestyle
 MIF/Dance = No jumps or spins , Moves in the Field or dance patterns only
 L = (low) may not have passed higher than Pre-Preliminary Freestyle
 M and M/H=(medium or medium/high) MUST have passed Pre-Preliminary Freestyle
 H=(high) MUST have passed Juvenile Freestyle

*Coaches may request to have students on any session for lesson scheduling purposes

August 1st

3:30-4:30p Open FS__
 4:45-5:45p Open FS__

August 2nd

6-7a Open FS__
 7:15-8:15a Yoga*__
 7:15-8:15a High FS__
 8:20-8:50a Yoga*__
 8:30-9:00am MIF/Dance__
 9-10a Open FS__
 10:15-11:15am Open FS__
 10:15-11:15a Conditioning*__
 11:30-12:30 Cycle*__

 3-4p Pilates/Yoga*__
 4:15-5:15p Conditioning*__
 4:15-5:15p M/H FS__
 5:30-6:00p MIF/Dance__
 6-7p Open FS__
 7-7:45p Power & Edges class__

August 3rd

6-7a Open FS__
 7:15-7:45a MIF/Dance__
 7:45-8:45a Open FS__
 9-10a Open FS__
 10:15-11:15a Ballet*__
 11:30-12:30a Artistry&Movement*__

 4:15-5:15p Open FS__
 5:15-6:15p Open FS__

August 4th

6-7a Pilates/Yoga*__
 6-7a Open FS__
 7:15-8:15a Pilates/Yoga*__
 7:15-8:15a High FS__
 8:20-8:50a Pilates/Yoga*__
 8:30-9:00am MIF/Dance__
 9-10a Open FS__
 10:15-11:15a Cycle*__
 10:15-11:15am Open FS__
 11:30-12:30 Conditioning*__
 3-4p Ballet*__
 4:15-5:15p Ballet*__
 4:15-5:15p M/H FS__
 5:15-6:15p Open FS__

August 5th

6-7a Open FS__
 7:15-7:45a MIF/Dance__
 7:45-8:45a Open FS__
 9-10a M/H FS__
 10:15-11:15a Ballet*__
 11:30-12:30p Conditioning*__

August 6th

6-7a Open FS__
 7:15-8:15a High FS__
 8:30-9:00a MIF/Dance__
 9-10a Open FS__
 10:15-11:15a Pilates*__
 10:15-11:15a Open FS__

 4:15-5:15p Open FS__
 5:30-6:30p Open FS__

August 7th

11:15-12:15 Open FS__

August 8th

3:30-4:30p Open FS__
 4:45-5:45p Open FS__

August 9th

6-7a Open FS__
 7:15-8:15a Yoga*__
 7:15-8:15a High FS__
 8:20-8:50a Yoga*__
 8:30-9:00am MIF/Dance__
 9-10a Open FS (east)__
 10:15-11:15am Open FS (east)__
 10:15-11:15a Conditioning*__
 11:30-12:30 Cylce*__

 3:00-4:00p Pilates/Yoga*__
 4:15-5:15p Conditioning*__
 (WI State Fair Public Skate 12-6p)
 6:15-7:15p Open FS__
 7:15-8p Power & Edges class__

August 10th

6-7a Open FS__
 7:15-7:45a MIF/Dance__
 7:45-8:45a Open FS__
 9-10a Open FS (east)__
 10:15-11:15a Ballet*__
 11:30-12:30 Artistry&Movement*__

 4:15-5:15p Open FS__
 5:15-6:15p Open FS__

August 11th

6-7a Pilates/Yoga*__
 6-7a Open FS__
 7:15-8:15a Pilates/Yoga*__
 7:15-8:15a H FS__
 8:20-8:50a Pilates/Yoga*__
 8:30-9:00am MIF/Dance__
 9:15-10:15a Open FS (east)__
 10:15-11:15a Cycle*__
 10:30-11:30a M/H FS (east)__
 11:30-12:30 Conditioning*__

 3-4p Ballet*__
 4:15-5:15p Ballet*__

 7-8p Open FS (east)__

August 12th

6-7a Open FS__
 7:15-7:45a MIF/Dance__
 7:45-8:45a Open FS__
 9-10a M/H FS (east)__
 10:15-11:15a Ballet*__
 11:30-12:30p Conditioning*__

 4:15-5:15p Open FS__
 5:15-6:15p Open FS__

August 13th

6-7a Open FS__
 7:15-8:15a High FS__
 8:30-9:00a MIF/Dance__
 9-10a Open FS__
 10:15-11:15a Pilates*__
 10:15-11:15a Open FS__

 4:15-5:15p Open FS__
 5:30-6:30p Open FS__

August 14th

11:15-12:15 Open FS__
 12:30-2p EXHIBITION__

August 15th

3:30-4:30p Open FS__
 4:45-5:45p Open FS__

CHECK/HIGHLIGHT sessions/classes you wish to contract. Must be received no later than July 30th, 2010. Buy-ons will be accepted space permitting.

Send with payment to PNIC attn. Summer Figure Skating, 500 S. 84th Street, Milwaukee, WI 53214

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