June-Aug 2024

Legend	LTS	LTS/LTP	HKY AC	LTC	RS	JR AC
	Learn To Skate	Learn To Play	Hockey Academy	Learn To Compete	Rising Stars	Jr Academy
	Learn To Skate	LTP-Tiny Mites	Hockey Academy	Included in monthly membership	Included in monthly membership	Included in monthly membership
		LTP-U7-Adults		Summer On-Ice Add on package	Summer On-Ice Add on package	Summer On-Ice Add on package
		LTS/LTP-Tiny Mites H1-H4 Power/Adults		Summer Off Ice Add on package/& drop in classes	Summer Off Ice Add on package/& drop in classes	Summer Off Ice Add on package/& drop in classes

On Ice Schedule

On Ice Schedule

Time On Ice	Mon	Tues	Wed	Thurs	Time	Fri	Time On Ice	Saturday
6 - 6:45am	FS-open	FS-open	FS-open	FS-open			7:30 - 8:30am	
6:45-7:30	FS-open	FS-open	FS-open	FS-open			8:45 - 9:15am	MVSA-Skating Skills
7:30-8:00	MVSA-Skating Skills	MVSA-Skating Skills	Ice Cut 7:30-7:45	MVSA-Skating Skills			9:15-10:15	FS-High 60 mins
Ice Cut	Ice Cut	Ice Cut	MVSA Class-SkatingSkills/Figures	Ice Cut	Ice Cut		10:15-11:00	FS-High/RS 45 mins
8:15-9:00	FS-High/RS	FS-High/RS	FS-High/RS	FS-High/RS	8:00-8:15	MVSA-Natasha Skills	11:00-11:15	Ice Cut
9:00-9:45	FS-High/RS	FS-High/RS	FS-High/RS/LTC+4	FS-High/RS/LTC+4	8:15-9:15	FS-open	11:15-11:45	MVSA/LTC- Skating Skills
9:45-10:15	MVSA Spins	MVSA jump exercises	MVSA/LTC+4 Dance	MVSA Spins	9:15-10:15	FS-open	11:45-12:45	FS 60 mins
9:45-10:15	LTC+4 Spins	LTC+4 jump exercises	MVSA/LTC+4 Dance	LTC+4 Spins				
Ice Cut	Ice Cut	Ice Cut	Ice Cut	Ice Cut		Ice Cut	1:00-3:15	public
10:30-11:00			LTC 3-/ Skating Skills	LTC 3-/ Spins		LTC 3-/ on ice practice		
10:30am - 12:00pm	public	public	public	public	10:30am - 12:00pm	public		
11:30-12:00								
1:45pm-4:45pm	public	public	public	public		public		
4:15-4:45pm	LTS	LTP-Tiny Mites	LTS					
4:15-4:45pm			LTC on ice					
5:00-6:45	LTS							
5:00-6:45	LTS/LTP-Tiny Mites H1-H4 Power/Adults							
5:00-6:00	LTC Skating Skills/Jumps	Hockey Academy-Power				LTP-U7-Adults		
6:15-6:45 Mon Only	LTC Off ice							
6:15-7:15		Hockey Academy-Power				Hockey Academy-Skills		

Off Ice Schedule

Off Ice Schedule

Time Off Ice	Mon	Tues	Wed	Thurs	Fri	Off Ice- Time	Saturday	On Ice-Time	Saturday
						7:30 - 8:30am	IJS Class/Warm-up/Alexis		
						8::45-9:15	Ballet privates	8:45 - 9:15am	MVSA -SkatingSkills
7:00-7:45					Shannon D	9:20-10:05	Ballet -RS/LTC+4	9:15-10:15	
						10:10-10:55	Ballet- LTC -3	10:15-11:00	
8:15-8:45								11:00-11:15	Ice Cut
Time to be determined	LTC/RS Mindfulness Tori	Nutrition for Athletes/Tracy				11:05-12:05pm	Ballet-High	11:15-11:45	MVSA
9:30-10:00								11:45-12:45	
10:00-10:20				LTC spinner		12:10 -12:45	Ballet privates on ice	12:15-12:45	
10:30-11:00				LTC+4/RS spinner		12:55-1:25	Ballet privates		
10:30-11:30			High Gyrotonics						
5:00-6:05	LTC on ice								
6:15-6:45	LTC Off ice								