

# Skate – Perform – Excellence Academy

## Summer Term 2015 Ice Schedule

Thornhill Community Center Arena

July 6 – August 21, 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 Intermediate Free skate	8:00 Intermediate Free skate	8:00 Intermediate Free skate	8:00 Intermediate Free skate	8:00 Intermediate Free skate
9:00-9:15 Intermediate Spin patch	9:00 - 9:15 Intermediate Spin patch	9:00 - 9:15 Intermediate Spin patch	9:00 - 9:15 Intermediate Spin patch	9:00 - 9:15 Intermediate Spin patch
9:15-10:15 Senior B Intro	9:15 - 10:15 Senior B Intro	9:15 - 10:15 Senior B Intro	9:15 - 10:00 Senior B Intro	9:15 - 10:15 Senior B Intro
10:15-10:30 Sen B Intro Sen B ADV - Spin Patch	10:15-10:30 Sen B Intro Sen B ADV - Spin Patch	10:15-10:30 Sen B Intro Sen B ADV - Spin Patch	10:00 -10:45 Sen B ADV Free skate	10:15-10:30 Sen B Intro Sen B ADV- Spin Patch
10:30 Flood	10:30 Flood	10:30 Flood	10:45 Flood	10:30 Flood
10:45 Advance Senior B Free skate	10:45 Advance Senior B Free skate	10:45 Advance Senior B Free skate	11:00 Senior A - Elite Free skate	10:45 Advance Senior B Free skate
11:45 Flood	11:45 Flood	11:45 Flood	11:45 Flood	11:45 Flood
12:00 Senior A – Elite Free Skate	12:00 Senior A – Elite Free Skate	12:00 Senior A – Elite Free Skate	12:00 Senior A&B &ELITES Simulation	12:00 Senior A – Elite Free Skate
1:00 Intermediate Free skate	1:00 Intermediate Free skate	1:00 Intermediate Free skate	1:00-200 Intermediate Free skate	1:00 Intermediate Free skate
2:00-3:00 Senior B Intro Free skate	2:00-3:00 Senior B Intro Free skate	2:00-3:00 Senior B Intro Free skate	2:00 Flood	2:00-3:00 Senior B Intro Free skate
3:00 Flood	3:00 Flood	3:00 Flood	2:10-3:00 Senior B Intro	3 :00 Flood
3:10-4:00 Senior B Advanced – Free Skate	3:10-4:00 Senior B Advanced – Free Skate	3:10-4:00 Senior B Advanced – Free Skate	3:00 Flood	3:10-4:00 Senior B Advanced – Free Skate
4:00-4:50 Senior A - Elites - Free skate		4:00-4:15 Senior B ADV Elite & A's Spin patch	3:10-4:00 Sen B ADV Free skate	4:00-4:15 Senior B ADV Elite & A's Spin patch
4:40 Flood	4:00-4:50 Senior A & Elites - Free skate	4:15-5:00: Senior A's Free skate	4:00-4:15 Senior B Adv.&- Elites &A's Spin Patch	4:15-5:00 Sen A- Elites Free skate
	4:50 Flood	5:00-5:50 Open Ice	4:15 –5:00 Senior A's &Elites Free Skate	5:00- -5:50 Open
		5:50 Flood	5:00 -5:50 Open	5:50 Flood
		6:00-6:50 Talent ID	5:50 -Flood	6:00-6:50 Talent ID

### Off Ice

#### MONDAY

9:30-10:30 Intermediates-Yoga  
 10:45-11:45 Senior B Intro-Yoga  
 12:00-12:45 Sen B Intro & Intermediates-Dryland  
 12:00-1:00 Senior B Advanced-YOGA  
 1:30-2:15 SEN ADV -DRYLAND  
 1:15-2:15 Senior A-ELITES-Yoga  
 2:30-3:15 SENIOR A-ELITES – Dryland

#### TUESDAY & THURSDAY

9:30-10:15 Intermediates–Stretch  
 10:45-11:45 Senior B Intro–SST  
 12:00-12:45 Sen B Intro & Intermediates-Conditioning  
 12:00-1:00 Senior B Advanced-SST  
 1:15-2:15 Senior A-ELITES-SST

#### WEDNESDAY-BALLET

9:30-10:30 Intermediate  
 10:45-11:45 Senior B Intro  
 12:00-12:45 Sen B Intro & Intermediate Pilates  
 12:00–1:00 Senior B Advanced  
 1:15-2:15 Senior A-Elites

#### FRIDAY

9:30-10:30 Intermediates – Skipping  
 10:45-11:45 Senior B Intro- SENIOR A's Skipping  
 12:00-12:45 Sen B Intro & Intermediates-Stretch  
 12:00-12:45 Sen B ADV.-Skipping  
 1:00-2:00 Senior B ADV-A's- Elites special guest if not  
 competition week

### Important Dates

**Registration:** 50% by MAY 1<sup>ST</sup> 2015  
 REMINDER DUE BY JUNE 1<sup>ST</sup> 2015

**Team Competition:**

Detroit	July 21-25, 2015
Minto	July 31-Aug.2, 2015
Summer Sizzle	August 7-10, 2015
Thornhill	August 13-16, 2015

### Pre Training TBA

**Holidays**

July 1, 2015	No skating.
August 3, 2015	Revised schedule