



2023 SUMMER PROGRAMS

PAIRS	<i>includes pair sessions, on ice groups and off ice class</i>
<i>(pairs will have specific weekly training schedules)</i>	
off ice warm up lifts (on own)	
on ice #1	
on ice #2	
group class	
on ice #3	
Off ice class	
COMP 1	<i>includes - 2 freeskate sessions (60 min) on ice groups and off ice class</i>
off ice warm up jumps (on own)	
on ice #1	
group class	
on ice #2	
off ice class	
COMP 2	<i>includes on ice group/free session, on ice free session and off ice class</i>
Off ice warm up / jumps (on own)	
Comp 2 - :30 min group + :50 Min freeskate	
Comp 2 off ice	
Comp 2 free	
STAR C/D	<i>includes on ice group/free session, on ice free session and off ice class</i>
STAR B/C - :30 min group + :50 Min freeskate	
off ice	
:50 min freeskate	
STAR A/B	<i>includes on ice group session, on ice free session and off ice class</i>
off ice	
group session	
freeskate	
Dance	:50 min session
Opens	:50 min session