

SCIS SUMMER SCHEDULE JULY 7 - AUGUST 24
NO CLASSES JULY 22-27 TO ALLOW FOR OUR SWAN CITY SUMMER SKATING ACADEMY AND TEST SESSION

Sunday	
2:30-8:30 Inspire synchro	2:30-8:30 JR SR FS CONTRACT ICE AND PRIVATE LESSONS ONLY
Contract ice 8:30-9:30PM	

Monday	
9:00- 11:00 AM Contract Ice	
2:00-3:00 PM Contract Ice	
4:00-4:30 Pre-pre - Pre Bronze Skating Skills	4:00-4:30 All club/contract ice
4:30 - 5:30 (on ice) Swans Aspire 3/4/prelim/ 4:15-4:40 Aspire 1 (off ice) 4:50-5:30 (on ice) **begins July 8	4:30-5:30 JR/SR Contract ice/private lessons only
5:30-6:15 Ice Explorers, LTS SPS - PreFS and FS1-6	5:30-6:15 All club ice
6:15-6:30 ZAM	
6:30-8:30 Inspire synchro	FS - Senior Contract ice and Private lessons only
8:30-9:30 All club ice/Contract ice	

Tuesday Skating School	
SILVER (BASIC 5-FS3)	
8:00-9:30 AM Contract Ice	
8:45-9:15AM	Warm up Off Ice Spinners & Jump Rotation/twizzles/stretch Flex and Fit
9:30-9:55	On the edge Skating skills (MIF)
9:55-10:20	Guide and Glide w/LTS skills
10:20-10:30	Break
10:30-11:00	LTS Jumps and Spins
11:00-11:25	interpretation FUN WITH FIELD MOVES
11:25-11:45	Intensity Ignition
11:45-12:15	lunch or lessons
12:15-12:45	Ballet/stretching
	9:30-11:45 Senior Contract ice and Private lessons only
	11:45-12:15 Contract ice

Tuesday Skating School	
Bronze FOR THOSE IN SPS3, 4B1-B4	
9:00-9:15 AM	OFF ice warm up
9:30-10:00	LTS class
10:00-10:15	break/snack
10:15-10:45	jumping and spinning
10:45-11:15	break/snack/activity
11:15-11:45	Games and practice play
	11:45-12:15 Contract Ice

Wednesday	
9:00- 11:00 AM Contract Ice	
2:00-3:00 PM Contract Ice	
4:45-5:15 Accelerate your Synchronoi Snow Plow Sam - FS 3	4:45-5:30 Contract ice
4:45-5:30 Swans Aspire 3/4 Prelim "begins July 10	
5:40- 6:10 OFF ICE Swans synchro	
Skating Skills Bronze-Gold 5:30-6	
6:00-6:15 ZAM	
Contract ice 6:15-9:00	
6:45-7:15 High Jumps and Spins	
7:15-7:45 Flex and Flow passed Pre-Bronze, features and more	

Thursday Skating School	
GOLD (FS4 AND ABOVE)	
8:00- 9:30 am Contract Ice	
8:45-9:15	Flex and Fit Warm up Off Ice Spinners & Jump Rotation/twizzles/stretch
9:30-10:00	Flex and Flow Features, Turns and more LTS SS
10:00-10:30	LTS jumps spins and harness
10:30-10:40	break
10:40-11:10	On the edge Skating Skills (MIF)
11:10-11:30	Intensity Ignition with weights
11:30-11:50	Theatre on ice Expression Impression
11:50-12:15	Lunch
12:15-1:15	All club ice
	9:30-11:30 FS-SR CONTRACT ICE
	Contract ice 11:30-1:15

Friday
9:00-11:00 Contract ice