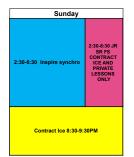
SCIS SUMMER SCHEDULE JULY 7 - AUGUST 24 NO CLASSES JULY 22-27 TO ALLOW FOR OUR SWAN CITY SUMMER SKATING ACADEMY AND TEST SESSION



		NC	
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			

JULT 22-27 TO ALLOW FOR OUR SWAN CITT				
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)	9:30-11:45 Senior		
9:55-10:20	Guide and Glide w/LTS skills	Contract ice and Private lessons only		
10:20-10:30	Break			
10:30-11:00	LTS Jumps and Spins	11:45-12:15 Contract ice		
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			

Wednesday	
9:00- 11:00 AM Contract Ice	
2:00-3:00 PM Contract Ice	
4:45-5:15 Accelerate your Synchro! Snow Plow Sam - FS 3	
4:45-5:30 Swans Aspire 3/4 Prelim *begins July 10	4:455:30 Contract ice
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	9:30-11:30 FS-SR CONTRACT ICE		
10:30-10:40	break			
10:40-11:10	On the edge Skating Skills (MIF)			
11:10-11:30	Intensity Ignition with weights	Contract ice 11:30-1:15		
11:30-11:50	Theatre on ice Expression Impression			
11:50-12:15	Lunch			
12:15-1:15	All club 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 11:45-12:15
 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
Contract Ice