

## Session 4 (Synch with the Swans 2/26 4:45-5:45)

Sunday	
4:45-5:15 Program practice for singles (and more!)	4:45-5:45 All club ice Contract ice
5:15-5:45 Jumps and spins B6-FS6	5:45-6:15 FS, JR, and SR private lessons
5:45-6:15 Flex and Flow passed Pre-Bronze Features, Turns and more	
6:15-6:30 Zam	
6:30-8:30 Inspire workshops march 10,17,24 Passed Prelim - Bronze Passed Pre-Silver - Gold	6:30-8:30 FS, JR, and SR and private lesson Ice Only
8:30-9:30 All club ice/contract ice	

Monday after school ice begins on 2/26	
Swans synchronized workshops 5:15-5:45 Swans green, white, gold levels Please check website for more details 2/26 3/4 3/11 3/18 3/25 NEW to Swans? Come synch with us! 2/26	4:45-5:15 All club ice/Contract 5:15-5:45 FS, Jr, Sr club and private lessons only
5:45-6:15 SKATE USA SNOW PLOW 1-4, BASICS 1-6, PRE-FREE SKATE ICE EXPLORERS	5:45-6:30 All club ice
6:15-6:30 Dance party with lights	
6:30-6:45 Zam	
6:45-7:15 intensity Ignition (Power) with weights Pre FS - SR club	6:45-7:15 All club ice
7:15-9:30 All club ice/contract ice	

Tuesday begins 3/12
3:15-5:45  All club ice Contract ice

Wednesday after school ice begins on 3/6		
4:20-4:50 OFF ICE Flex and Fit synchro/singles Pre FS-Sr club		
5:00-5:30 Get Test Ready! Pre pre -Prejuv moves (Prebronze SS)	All club ice	
5:30-6:00 Guide and Glide synchro/singles Pre-FS - FS6	5:30-6:00 Ignition Beginner Power	6:00-6:30 High jumps & spins passed FS6
6:00-6:30 Prince-Princess and Party! SPS - B6		
6:30-6:45 Zam		
6:45-7:15 Skate USA SPS 1 & B1	6:45-7:15 Skate USA Free Skate 1-6	
7:15-7:45 Medium and High Skating Skills Bronze - Gold (Juv-SR)		6:45-9:30 PM All club ice
Contract ice 7:45-9:30 PM		

Thursday begins 3/14	Friday ice begins 3/8	Saturday
3:15-5:45 All club Contract ice	2:00-6:00 All club Contract ice	6:45-7:45 AM Practice with a Purpose
	6:30-7:30 AM Rise and Skate	