

The Rinks - Yorba Linda ICE
Learn-to-Skate USA and "The Academy" Classes

8 Week Course

Session: September 9, 2019 with ACADEMY (in blue and beige)- ON ICE & OFF-ICE

MONDAY		
Jump 3/4/5	Anna/Ashley B	4:15-4:45 pm
Youth Off-Ice "Strength & Conditioning"		
In "Mettle" Gym (all levels)		5:00-5:45 pm

WEDNESDAY		
IJS Class On-Ice	Anna	2:30-3:00 pm
Jump 4/5	Michelle	4:15-4:45 pm
Snowplow Sam 1		5:00-5:30 pm
Snowplow Sam 2		5:00-5:30 pm
Snowplow Sam 3		5:00-5:30 pm
Basic 1		5:00-5:30 pm
Basic 2		5:00-5:30 pm
Basic 3		5:00-5:30 pm
Basic 4/5		5:00-5:30 pm
Spin 1/2		5:00-5:30 pm
Spin 3/4		5:00-5:30 pm
Basic 6		5:30-6:00 pm
Adult (Intermediate)		5:30-6:00 pm
Jump 1		5:30-6:00 pm
Jump 2		5:30-6:00 pm
Jump 3		5:30-6:00 pm
Jump 4/5	Anna	5:30-6:00 pm
Hockey 1		5:30-6:00 pm
Hockey 2/3		5:30-6:00 pm
*OFF ICE-Jump		6:15-6:45 pm (in ballet room)

THURSDAY		
*Ballet Off Ice (begins next semester)		4:15-4:45 pm
Snowplow Sam 1		5:00-5:30 pm
Snowplow Sam 2		5:00-5:30 pm
Snowplow Sam 3		5:00-5:30 pm
Basic 1		5:00-5:30 pm
Basic 2		5:00-5:30 pm
Basic 3		5:00-5:30 pm
Basic 4/5		5:00-5:30 pm
Basic 6		5:00-5:30 pm
Jump 2/3		5:30-6:00 pm
Jump 4/5		5:30-6:00 pm
*Off-Ice Spin Class	Anna	6:15-6:45 pm

SATURDAY		
Youth Off-Ice "Strength and Conditioning"		
in Mettle Gym (all levels)		9:45-10:30am
ADULTS Off ICE Strength		
in Mettle Gym		9:45-10:30am
STROKING	Anna/Gina	11:00-11:20 am
Snowplow Sam 1		11:20-11:50 am
Basic 1		11:20-11:50 am
Adult (All levels)		11:20-11:50 am
Basic 6		11:20-11:50 am
Jump 1		11:20-11:50 am
Jump 2		11:20-11:50 am
Spin 3/4		11:20-11:50 am
Snowplow Sam 2		11:50-12:20 pm
Snowplow Sam 3		11:50-12:20 pm
Basic 2		11:50-12:20 pm
Basic 3		11:50-12:20 pm
Basic 4/5		11:50-12:20 pm
Spin 1/2		11:50-12:20 pm
Jump 3		11:50-12:20 pm
Jump 4		11:50-12:20 pm
*Off ICE Spin	Anna	12:30- 1:00 pm
<i>(spin class uses "spinners")</i>		

**Homeschool is the first Thursday of the month. Katie/Coach
10:45-11:15 am**

(Schedule subject to change without notice)

**off ice class*