

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

8 Week Course

Session: November 4 -January 25, 2020 with ACADEMY (in blue and beige)

MONDAY	
Jump 3/4/5	4:00-4:30 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	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
Spin 1	5:00-5:30 pm
Spin 2/3	5:00-5:30 pm
Basic 4	5:30-6:00 pm
Basic 5	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	5:30-6:00 pm
Hockey 1	5:30-6:00 pm
Hockey 2/3	5:30-6:00 pm
*OFF ICE-Jump (in ballet room)	6:15-6:45 pm

THURSDAY	
*Ballet Off Ice	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	5:00-5:30 pm
Jump 4/5	5:00-5:30 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	11:50-12:20 pm
Basic 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. Ashley W/Coach
10:30-11:00 am**

(Schedule subject to change without notice)

**off ice class*