

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

8 Week Course

Session: January 27, 2020 to March 28, 2020 with ACADEMY (in blue and peach)

MONDAY		
Jump 3/4/5		4:00-4:30 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
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		5:30-6:00 pm
Hockey 1		5:30-6:00 pm
Hockey 2/3		5:30-6:00 pm
Off-Ice *SS Strength & Conditioning (9 and up)		
Mettle Gym Trainers		6:15-6:45 pm
Off Ice *SS Jump Class (8 and under)		
(Anna Kaverzina held in Mettle Gym)		6:15-6:45 pm
Off-Ice *SS Strength & Conditioning (8 and under)		
Mettle Gym Trainers		6:45-7:15 pm
Off-Ice *SS Jump Class (9 and up)		
(Anna Kaverzina held in Mettle Gym)		6:45-7:15 pm
THURSDAY		
*Ballet Off Ice		4:15-4:45 pm
Snowplow Sam 1		5:00-5:30 pm
Snowplow Sam 2 & 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

FRIDAY		
Jump 1-5		6:00-6:30 am
SATURDAY		
Youth Off-Ice "Strength and Conditioning"		
in Mettle Gym (all levels)		9:45-10:30am
ADULTS Off ICE Strength		
in Mettle Gym		9:30-10:30am
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 -first Thursday of the Month-
10:30 am lesson

***SS- Sport Specific Training**
(Schedule subject to change without notice)