

# NAFSC Summer Training 2017

## Week 1- July 5-7th

All freestyle on ice sessions are full sessions. **NO 1/2 SESSIONS.**

Time	Mon, July 3				Tues, July 4		Wed, July 5		Thurs, July 6		Fri, July 7	
							On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice
3:00 PM												
3:10 PM												
3:20 PM								3:00-3:50pm Level 1 Freestyle		3:00-3:50pm Level 1 Freestyle		
3:30 PM												
3:40 PM												
3:50 PM												
4:00 PM								3:50-4:40pm Level 2 Freestyle		3:50-4:40pm Level 2 Freestyle		
4:10 PM												
4:20 PM								4-4:50pm Level 1 Off Ice Training		4-4:50pm Level 1 Yoga		
4:30 PM												
4:40 PM												
4:50 PM								4:40-5pm Power-stroking Class		4:40-5pm Prg. Run Through		
5:00 PM												
5:10 PM												
5:20 PM												
5:30 PM								5:10-6pm Open Freestyle		5:10-6pm Open Freestyle		
5:40 PM												
5:50 PM												
6:00 PM												
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6:30 PM												
6:40 PM												
6:50 PM												
7:00 PM												

**Ice Fees:**

\$12 Pre- Registration  
 \$14 Walk on Rate (ice card can be used)

**On Ice Specialty Fees:**

**(MIF, Power Stroking & Program Run Through)**  
 \$6 Pre- Registration  
 \$7 Walk on Rate (ice card can be used)

**Off Ice Fees:**

\$10 Ballet/ Yoga Class  
 \$10 Off Ice Harness

# NAFSC Summer Training 2017

## Week 2- July 10-14th

Note: Summer camp is not part of the Summer Training Program.

SUMMER CAMP DOES NOT HAVE A WALK ON OPTION.

All freestyle on ice sessions are full sessions. **NO 1/2 SESSIONS.**

Time	Mon, July 10		Tues, July 11		Wed, July 12		Thurs, July 13		Fri, July 14	
	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice
1:00 PM	1- 1:50 pm Open Freestyle		1- 1:50 pm Open Freestyle		1- 1:50 pm Open Freestyle		1- 1:50 pm Open Freestyle		1- 1:50 pm Open Freestyle	
1:10 PM										
1:20 PM										
1:30 PM										
1:40 PM										
1:50 PM										
2:00 PM	2- 6:00pm Summer Camp Note: Summer camp is not part of the Summer Training Program. SUMMER CAMP DOES NOT HAVE A WALK ON OPTION.		2- 6:00pm Summer Camp Note: Summer camp is not part of the Summer Training Program. SUMMER CAMP DOES NOT HAVE A WALK ON OPTION.		2- 6:00pm Summer Camp Note: Summer camp is not part of the Summer Training Program. SUMMER CAMP DOES NOT HAVE A WALK ON OPTION.		2- 6:00pm Summer Camp Note: Summer camp is not part of the Summer Training Program. SUMMER CAMP DOES NOT HAVE A WALK ON OPTION.		2- 6:00pm Summer Camp Note: Summer camp is not part of the Summer Training Program. SUMMER CAMP DOES NOT HAVE A WALK ON OPTION.	
2:10 PM										
2:20 PM										
2:30 PM										
2:40 PM										
2:50 PM										
3:00 PM										
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5:30 PM										
5:40 PM										
5:50 PM										
6:00 PM										

**Ice Fees:**

\$12 Pre- Registration  
\$14 Walk on Rate (ice card can be used)

**On Ice Specialty Fees:**

**(MIF, Power Stroking & Program Run Through)**  
\$6 Pre- Registration  
\$7 Walk on Rate (ice card can be used)

**Off Ice Fees:**

\$10 Ballet/ Yoga Class  
\$10 Off Ice Harness

# NAFSC Summer Training 2017

## Week 3- July 17-21st

All freestyle on ice sessions are full sessions. **NO 1/2 SESSIONS.**

Time	Mon, July 17		Tues, July 18		Wed, July 19		Thurs, July 20		Fri, July 21	
	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice
3:00 PM	3:00-3:50pm Level 1 Freestyle		3:00-3:50pm Level 1 Freestyle	2:50-3:40pm Off Ice Harness Training	3:00-3:50pm Level 1 Freestyle		3:00-3:50pm Level 1 Freestyle	2:50-3:40pm Off Ice Harness Training	3:00-3:50pm Level 1 Freestyle	
3:10 PM										
3:20 PM										
3:30 PM										
3:40 PM										
3:50 PM										
4:00 PM	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Off Ice Training	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Ballet	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Off Ice Training	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Yoga	3:50-4:40pm Level 2 Freestyle	
4:10 PM										
4:20 PM										
4:30 PM										
4:40 PM										
4:50 PM										
5:00 PM	4:40-5pm Power- stroking Class	5- 5:50pm Off Ice Harness Training	4:40-5pm Level 2 MIF		4:40-5pm Power- stroking Class	5- 5:50pm Off Ice Harness Training	4:40-5pm Prg. Run Through		4:40-5pm Power- stroking Class	
5:10 PM										
5:20 PM										
5:30 PM										
5:40 PM										
5:50 PM										
6:00 PM				6:10-7pm Level 2 Ballet			6:10-7pm Level 2 Yoga			
6:10 PM										
6:20 PM										
6:30 PM										
6:40 PM										
6:50 PM										
7:00 PM										

### Ice Fees:

\$12 Pre- Registration  
\$14 Walk on Rate (ice card can be used)

### On Ice Specialty Fees:

**(MIF, Power Stroking & Program Run Through)**

\$6 Pre- Registration  
\$7 Walk on Rate (ice card can be used)

### Off Ice Fees:

\$10 Ballet/ Yoga Class  
\$10 Off Ice Harness

# NAFSC Summer Training 2017

## Week 4- July 31- Aug 4th

All freestyle on ice sessions are full sessions. **NO 1/2 SESSIONS.**

Time	Mon, July 31		Tues, Aug 1		Wed, Aug 2		Thurs, Aug 3		Fri, Aug 4	
	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice
3:00 PM										
3:10 PM	3:10- 4 pm Level 1 Freestyle		3:10- 4 pm Level 1 Freestyle	2:50- 3:40pm Off Ice Harness Training	3:10- 4 pm Level 1 Freestyle		3:10- 4 pm Level 1 Freestyle	2:50- 3:40pm Off Ice Harness Training	3:10- 4 pm Level 1 Freestyle	
3:20 PM										
3:30 PM										
3:40 PM										
3:50 PM										
4:00 PM										
4:10 PM	4:10- 5 pm Level 2 Freestyle	4:10- 5 pm Level 1 Off Ice Training	4:10- 5 pm Level 2 Freestyle	4:10- 5 pm Level 1 Ballet	4:10- 5 pm Level 2 Freestyle	4:10- 5 pm Level 1 Off Ice Training	4:10- 5 pm Level 2 Freestyle	4:10- 5 pm Level 1 Yoga	4:10- 5 pm Level 2 Freestyle	
4:20 PM										
4:30 PM										
4:40 PM										
4:50 PM										
5:00 PM										
5:10 PM	5:10- 6pm Open Freestyle	5- 5:50pm Off Ice Harness Training	5:10- 6pm Open Freestyle		5:10- 6pm Open Freestyle	5- 5:50pm Off Ice Harness Training	5:10- 6pm Open Freestyle		5:10- 6pm Open Freestyle	
5:20 PM										
5:30 PM										
5:40 PM										
5:50 PM										
6:00 PM										
6:10 PM										
6:20 PM										
6:30 PM				6:10-7pm Level 2 Ballet				6:10-7pm Level 2 Yoga		
6:40 PM										
6:50 PM										
7:00 PM										

**Ice Fees:**

\$12 Pre- Registration  
\$14 Walk on Rate (ice card can be used)

**On Ice Specialty Fees:**

**(MIF, Power Stroking & Program Run Through)**  
\$6 Pre- Registration  
\$7 Walk on Rate (ice card can be used)

**Off Ice Fees:**

\$10 Ballet/ Yoga Class  
\$10 Off Ice Harness

# NAFSC Summer Training 2017

## Week 5- August 7-11

All freestyle on ice sessions are full sessions. **NO 1/2 SESSIONS.**

Time	Mon, Aug 7		Tues, Aug 8		Wed, Aug 9		Thurs, Aug 10		Fri, Aug 11	
	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice
3:00 PM	3:00-3:50pm Level 1 Freestyle		3:00-3:50pm Level 1 Freestyle	2:50-3:40pm Off Ice Harness Training	3:00-3:50pm Level 1 Freestyle		3:00-3:50pm Level 1 Freestyle	2:50-3:40pm Off Ice Harness Training	3:00-3:50pm Level 1 Freestyle	
3:10 PM										
3:20 PM										
3:30 PM										
3:40 PM										
3:50 PM										
4:00 PM	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Off Ice Training	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Ballet	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Off Ice Training	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Yoga	3:50-4:40pm Level 2 Freestyle	
4:10 PM										
4:20 PM										
4:30 PM										
4:40 PM										
4:50 PM										
5:00 PM	4:40-5pm Power- stroking Class	5- 5:40pm Off Ice Harness Training	4:40-5pm Level 2 MIF		4:40-5pm Power- stroking Class	5- 5:40pm Off Ice Harness Training	4:40-5pm Prg. Run Through		4:40-5pm Power- stroking Class	
5:10 PM										
5:20 PM										
5:30 PM										
5:40 PM										
5:50 PM										
6:00 PM				6:10-7pm Level 2 Ballet				6:10-7pm Level 2 Yoga		
6:10 PM										
6:20 PM										
6:30 PM										
6:40 PM										
6:50 PM										
7:00 PM										

**Ice Fees:**

\$12 Pre- Registration  
\$14 Walk on Rate (ice card can be used)

**On Ice Specialty Fees:**

**(MIF, Power Stroking & Program Run Through)**  
\$6 Pre- Registration  
\$7 Walk on Rate (ice card can be used)

**Off Ice Fees:**

\$10 Ballet/ Yoga Class  
\$10 Off Ice Harness

# NAFSC Summer Training 2017

## Week 6- August 14-18

All freestyle on ice sessions are full sessions. NO 1/2 SESSIONS.

Time	Mon, Aug 14		Tues, Aug 15		Wed, Aug 16		Thurs, Aug 17		Fri, Aug 18	
	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice
3:00 PM	3:00-3:50pm Level 1 Freestyle		3:00-3:50pm Level 1 Freestyle	2:50-3:40pm Off Ice Harness Training	3:00-3:50pm Level 1 Freestyle		3:00-3:50pm Level 1 Freestyle	2:50-3:40pm Off Ice Harness Training	3:00-3:50pm Level 1 Freestyle	
3:10 PM										
3:20 PM										
3:30 PM										
3:40 PM										
3:50 PM										
4:00 PM	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Off Ice Training	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Ballet	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Off Ice Training	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Yoga	3:50-4:40pm Level 2 Freestyle	
4:10 PM										
4:20 PM										
4:30 PM										
4:40 PM										
4:50 PM										
5:00 PM	4:40-5pm Power- stroking Class	5- 5:50pm Off Ice Harness Training	4:40-5pm Level 2 MIF		4:40-5pm Power- stroking Class	5- 5:50pm Off Ice Harness Training	4:40-5pm Prg. Run Through		4:40-5pm Power- stroking Class	
5:10 PM										
5:20 PM										
5:30 PM										
5:40 PM										
5:50 PM										
6:00 PM				6:10-7pm Level 2 Ballet			6:10-7pm Level 2 Yoga			
6:10 PM										
6:20 PM										
6:30 PM										
6:40 PM										
6:50 PM										
7:00 PM										

**Ice Fees:**

\$12 Pre- Registration  
\$14 Walk on Rate (ice card can be used)

**On Ice Specialty Fees:**

**(MIF, Power Stroking & Program Run Through)**  
\$6 Pre- Registration  
\$7 Walk on Rate (ice card can be used)

**Off Ice Fees:**

\$10 Ballet/ Yoga Class  
\$10 Off Ice Harness

# NAFSC Summer Training 2017

## Week 7- August 21-25

All freestyle on ice sessions are full sessions. **NO 1/2 SESSIONS.**

Time	Mon, Aug 21		Tues, Aug 22		Wed, Aug 23		Thurs, Aug 24		Fri, Aug 25			
	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice	On Ice	Off Ice		
3:00 PM	3:00-3:50pm Open Freestyle		3:00-3:50pm Level 1 Freestyle	2:50-3:40pm Off Ice Harness Training	3:00-3:50pm Level 1 Freestyle		3:00-3:50pm Level 1 Freestyle	2:50-3:40pm Off Ice Harness Training	3:00-3:50pm Level 1 Freestyle			
3:10 PM												
3:20 PM												
3:30 PM												
3:40 PM												
3:50 PM	4- 6:00pm Sizzlin' Summer Exhibition		3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Ballet	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Off Ice Training	3:50-4:40pm Level 2 Freestyle	4- 4:50pm Level 1 Yoga	3:50-4:40pm Level 2 Freestyle			
4:00 PM												
4:10 PM												
4:20 PM												
4:30 PM												
4:40 PM			4:40-5pm Level 2 MIF				4:40-5pm Power-stroking Class		4:40-5pm Prg. Run Through		4:40-5pm Power-stroking Class	
4:50 PM												
5:00 PM												
5:10 PM												
5:20 PM												
5:30 PM												
5:40 PM												
5:50 PM												
6:00 PM	6- 8:00 pm Summer Barbeque on the Pond		6:10-7pm Level 2 Ballet					6:10-7pm Level 2 Yoga				
6:10 PM												
6:20 PM												
6:30 PM												
6:40 PM												
6:50 PM												
7:00 PM												
7:30 PM												
8:00 PM												

**Ice Fees:**

- \$12 Pre- Registration
- \$14 Walk on Rate (ice card can be used)

**On Ice Specialty Fees:**

- (MIF, Power Stroking & Program Run Through)**
- \$6 Pre- Registration
  - \$7 Walk on Rate (ice card can be used)

**Off Ice Fees:**

- \$10 Ballet/ Yoga Class
- \$10 Off Ice Harness