

# JULY SUMMER SKATING PROGRAM

## JULY 11TH-JULY 29TH, 2022

THE FOLLOWING WEEKLY PROGRAM PACKAGE IS FOR SKATERS ABOVE THE PRE-PRELIMINARY MOVES IN THE FIELD.

### WEEKLY SCHEDULE

#### MONDAY

8:30AM: OFF-ICE WARM UP  
8:45-9:45AM: ATP STRENGTH/CONDITIONING  
10:00-11:00AM: FREESTYLE (\$7.00)  
11:45AM-12:45PM: GOAL SETTING  
1:00-2:00PM: FREESTYLE (\$7.00)  
2:00-3:00PM: FREESTYLE (\$7.00)

#### TUESDAY

8:30AM-8:45AM: OFF-ICE WARM UP  
8:45-9:45AM: OFF-ICE JUMPS  
10:00AM-12:00PM: PUBLIC (\$4.00)  
12:45-1:15PM: ON-ICE JUMPS  
1:15-1:45PM: ON-ICE POWER  
2:00-3:00PM: STRETCHING/COOL DOWN/RECOVERY

#### WEDNESDAY

8:30AM: OFF-ICE WARM UP  
8:45-9:45AM: ATP STRENGTH/CONDITIONING  
10:00-11:00AM: FREESTYLE (\$7.00)  
11:45AM-12:45PM: YOGA  
1:00-2:00PM: OFF-ICE HARNESS  
2:00-3:00PM: IJS OVERVIEW

#### THURSDAY

8:30AM-8:45AM: OFF-ICE WARM UP  
8:45-9:45AM: OFF-ICE SPINS  
10:00AM-12:00PM: PUBLIC (\$4.00)  
12:45-1:15PM: ON-ICE SPINS  
1:15-1:45PM: ON-ICE POWER  
2:00-3:00PM: STRETCHING/COOL DOWN/RECOVERY

#### FRIDAY

8:30AM-9:00AM: OFF-ICE WARM UP  
9:15-9:45AM: ON-ICE PROGRAM RUNTHROUGH  
10:00AM-11:00AM: BALLET/DANCE  
11:45AM-12:45AM: YOGA  
1:00-1:30PM: ON-ICE ARTISTRY  
1:30-2:00PM: ON-ICE POWER  
2:00-3:00PM: WEEKLY ACCOMPLISHMENTS



**CLUB MEMBER  
WEEKLY FEE:**

**\$150.00**

*Registration forms can be found on the GEFSC bulletin board. Registrations are due each Friday prior. Any additional practice time during the day is to be paid for through Swonder Ice Arena accordingly. (Cost for each additional practice session during the day is outlined above.)*

*Please note that our July programming does not include supervision for times outside of our listed classes. Please be sure to arrange for lunchtime supervision if you are not comfortable leaving your child at the rink in between sessions/classes.*

If you have any questions about our July summer skating program, please contact our director at

[learntoskate@gefsc.com](mailto:learntoskate@gefsc.com)