



Tentative Summer Schedule On-Ice Sessions

Rink	#	Session		M	T	W	TH	F	Sat	Sun
Olympic	1	Open Freestyle – 60 minutes	6:00am						■	■
Olympic	2	Open Freestyle – 60 minutes	7:00am						■	■
Olympic	3a	Moves in Music Class (M& Th) 30 mins	8:00 am		■	■		■	■	■
Olympic	3b	Technical Class (T & Fri) 30 mins	8:00 am	■		■	■			
Olympic	3c	Performance Class (Wed) 30 mins	8:00 am	■	■		■	■	■	■
Olympic	4a	Edge Class – (Mon-Thurs) 30 minutes	8:30am					■	■	■
Olympic	4b	Spin Class – Friday only 30 minutes	8:30am	■	■	■	■		■	■
Olympic	5	Open Freestyle – 60 minutes	9:15am						■	■
Olympic	6	Open Freestyle – 60 minutes	10:15 am						■	■
Olympic	7	Open Freestyle – 60 minutes	11:30am						■	■
Olympic	8	Open Freestyle – 60 minutes	12:30pm						■	■
Olympic	9	Open Freestyle – 60 minutes	4:00 pm						■	■
Olympic	10	Power Stroking – (Mon-Fri) 45 minutes	5:00pm						■	■
Olympic	11	Open FS – 60 minutes (Mon-Thurs)	6:00pm					■	■	■
NHL	12	Pairs/Dance/Nov-Senior FS - 60 mins	10:15 am						■	■
NHL	13	Juv – Inter Freestyle - 60 minutes	11:15am						■	■
NHL	14	Open Freestyle – 60 minutes	1:45pm						■	■
NHL	15	Open Freestyle – 60 minutes	2:45pm						■	■
NHL	16	Pairs/Dance/Nov-Senior FS - 60 mins	4:00pm						■	■
Olympic	17	Open Freestyle (Saturday only)	9:00am	■	■	■	■	■		■
Olympic	22	Open Freestyle (Saturday only)	10:00am	■	■	■	■	■		■
Olympic	24	Open FS (Sunday June 13&20 only)	2:30pm	■	■	■	■	■	■	
Olympic	24a	Open FS (Sunday June 13&20 only)	3:30pm	■	■	■	■	■	■	
Olympic	25	Open FS (Sunday only June 27–Aug 1)	3:45pm	■	■	■	■	■	■	
Olympic	26	Open FS (Sunday only June 27-Aug 1)	4:45pm	■	■	■	■	■	■	

Off – Ice Training & Conditioning

A Zumba! (45 minutes)	Mon	9:15 am	B Jazz Dance (45 minutes)	Tues	9:15am
C Hip-Hop (45 minutes)	Wed	9:15 am	D Zumba! (45 minutes)	Thurs	9:15am
E Jazz Dance (45 minutes)	Fri	9:15am	F Boot Camp (60 mins)	Mon	1:45pm
G Power Down Stretch (45 mins)	Mon	2:45pm	H Jump Class (60 minutes)	Tues	2:15pm
I Plyocore conditioning (60 mins)	Wed	1:45pm	J Flexible Strength (60 minutes)	Wed	2:45pm
K Evening Stretch (60 minutes)	Wed	6:15pm	L Jump Class (60 minutes)	Thurs	2:15pm
M Rebounding (60 minutes)	Fri	1:45pm	N Power Down Stretch (45 mins)	Fri	2:45pm

Class registration and tentative schedule will be enclosed in skaters' confirmation packages. Please call for details. Skaters registering for one class or walk-on students do not receive a confirmation package. Note: On-Ice classes will have a limit of 30 students (or subject to ISCC management's approval). Off-ice classes will require a minimum attendance of 4 students and a maximum attendance of 27. Please register early to guarantee your first choice. Please check with the Front Desk for cancellations or schedule changes. Classes will be cancelled or shortened if enrollment does not meet the minimum.

Leveled sessions are based on the US Figure Skating Freestyle test passed. Please respect the stated levels or skater may be removed from session.

There will be no sessions July 3rd or July 4th as the rink is closed. No sessions August 7th due to the Charter Oak Open.