

<b>Monday</b>	<b>Ice Schedule</b>
6:30 AM	Freestyle/Lessons (6:30-7:30 am - \$16)
7:00 AM	Freestyle/Lessons (6:30-7:30 am - \$16)
7:30 AM	Freestyle/Lessons (7:30-8:30 am - \$16)
7:30 AM	Freestyle/Lessons (7:30-8:30 am - \$16)
8:00 AM	Ice Cut
8:30 AM	Warm-up with Mikey <b>Off Ice</b> (B,I,A)
9:00 AM	Basic Safety on Ice (B)
9:00 AM	Warm-up by Self (B,I,A)
9:15 AM	Basic Stroking and Body Position (B)
9:15 AM	Dance Tracking with 3 Turns (I,A)
9:15 AM	Scratch Spins (I,A)
9:45 AM	Ice Cut
10:00 AM	Group Photo on Ice
10:15 AM	Performance by Frank and Anita
10:30 AM	Basic Jumping (B)
10:30 AM	Beautiful Arms with Movement (B,I,A)
10:30 AM	Dance on the Line (I,A)
11:00 AM	One Foot Glide into a Spiral (B)
11:00 AM	Quickness and Flow (B,I,A)
11:30 AM	Choreography (B,I,A)
11:30 AM	Practice/Lessons
12:00 PM	Ice Cut
12:15 PM	Introduction to Figures <b>Off Ice</b> (B)
12:15 PM	1/2 Ice Figures(I/A) and Freestyle/Lessons
12:45 PM	Test/Competition Warm-up <b>Off Ice I</b> (B,I,A)
12:45 PM	Freestyle/Lessons
1:15 PM	Freestyle/Lessons
1:45 PM	Freestyle/Lessons
2:15 PM	Freestyle/Lessons
2:45 PM	Ice Cut
3:30 PM	Freestyle/Lessons
4:00 PM	Freestyle/Lessons
4:30 PM	Freestyle/Lessons
<b>5:00 PM</b>	<b>Ice Cut/End of Camp Day</b>
6:30 - 8:00	Meet and Greet at Trish's House
KEY: B=Beginner, I=Intermediette, A=Advanced	

<b>Tuesday</b>	<b>Ice Schedule</b>
6:30 AM	Freestyle/Lessons (6:30-7:30 am - \$16)
7:00 AM	Freestyle/Lessons (6:30-7:30 am - \$16)
7:30 AM	Freestyle/Lessons (7:30-8:30 am - \$16)
7:30 AM	Freestyle/Lessons (7:30-8:30 am - \$16)
8:00 AM	Ice Cut
8:30 AM	Warm-up with Mikey <b>Off Ice</b> (B,I,A)
9:00 AM	Warm-up by Self (B,I,A)
9:15 AM	Consecutive Edges (B)
9:15 AM	Figure Exercise: Open Mohawk/Change of Edge (I,A)
9:15 AM	Figure Exercise: Swing Choctaw Pattern (A)
9:45 AM	Ice Cut
10:00 AM	2 Foot Slaloms (B)
10:00 AM	Fwd/Bkwd Cross Rolls (I)
10:00 AM	Twizzles (A)
10:30 AM	Intro into Dance (B)
10:30 AM	Back Spins (I,A)
10:30 AM	Rockers (I,A)
11:00 AM	Backwards Stroking (B)
11:00 AM	Shadow Dance (B,I,A)
11:00 AM	Combination Jumps (I,A)
11:30 AM	Choreography (B,I,A)
11:30 AM	Skating Energy <b>Off Ice</b> (B,I,A)
11:30 AM	Practice/Lessons
12:00 PM	Ice Cut
12:15 PM	Balance <b>Off Ice</b> (B, I,A)
12:15 PM	Freestyle/Lessons
12:45 PM	Freestyle/Lessons
1:15 PM	Freestyle/Lessons
1:45 PM	Freestyle/Lessons
2:15 PM	Freestyle/Lessons
2:45 PM	Ice Cut
3:30 PM	Freestyle/Lessons
4:00 PM	Freestyle/Lessons
4:30 PM	Freestyle/Lessons
<b>5:00 PM</b>	<b>Ice Cut/End of Camp Day</b>

KEY: B=Beginner, I=Intermediette, A=Advanced

<b>Wednesday</b>	<b>Ice Schedule</b>
6:30 AM	Freestyle/Lessons (6:30-7:30 am - \$16)
7:00 AM	Freestyle/Lessons (6:30-7:30 am - \$16)
7:30 AM	Freestyle/Lessons (7:30-8:30 am - \$16)
7:30 AM	Freestyle/Lessons (7:30-8:30 am - \$16)
8:00 AM	Ice Cut
8:30 AM	Warm-up with Mikey <b>Off Ice</b> (B,I,A)
9:00 AM	Warm-up by Self (B,I,A)
9:15 AM	Intro to Step Sequences (B)
9:15 AM	Dance Swing Mohawk (I,A)
9:15 AM	Brackets (I,A)
9:45 AM	Ice Cut
10:00 AM	Figures (B)
10:00 AM	Figures (I,A)
10:30 AM	Stopping (B)
10:30 AM	Camel Spins (I,A)
10:30 AM	Slide to an Inside 3 Turn (I,A)
11:00 AM	Bunny Hops/Side Hops (B,I)
11:00 AM	Toe Jumps (I,A)
11:00 AM	Forward Loops (A)
11:30 AM	Choreography (B,I,A)
11:30 AM	Stacking/Body Allignment <b>Off Ice</b> (B,I,A)
11:30 AM	Practice/Lessons
12:00 PM	Ice Cut
12:15 PM	Freestyle/Lessons
12:45 PM	Freestyle/Lessons
1:15 PM	Freestyle/Lessons
1:45 PM	Freestyle/Lessons
2:15 PM	Freestyle/Lessons
2:45 PM	Ice Cut
3:30 PM	Freestyle/Lessons
4:00 PM	Freestyle/Lessons
4:30 PM	Freestyle/Lessons
<b>5:00 PM</b>	<b>Ice Camp/End of Camp Day</b>

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<b>Thursday</b>	<b>Ice Schedule</b>
6:30 AM	Freestyle/Lessons (6:30-7:30 am - \$16)
7:00 AM	Freestyle/Lessons (6:30-7:30 am - \$16)
7:30 AM	Freestyle/Lessons (7:30-8:30 am - \$16)
7:30 AM	Freestyle/Lessons (7:30-8:30 am - \$16)
8:00 AM	Ice Cut
8:30 AM	Warm-up with Mikey <b>Off Ice</b> (B,I,A)
9:00 AM	Warm-up by Self (B,I,A)
9:15 AM	Warm-up with Russ and Elin (B,I,A)
9:45 AM	Ice Cut
10:00 AM	Figures (B)
10:00 AM	Figures (I,A)
10:30 AM	Extensions from Head to Toe (B,I,A)
10:30 AM	Combination Spins (I,A)
10:30 AM	Fwd/Bkwd Double 3s (A)
11:00 AM	Fwd/Bkwd Crossovers (B,I,A)
11:00 AM	Progressive/Swingrolls (B,I,A)
11:00 AM	Backward Twizzles (A)
11:30 AM	Yoga on Ice (B,I,A)
11:30 AM	Edge Jumps (I,A)
11:30 AM	Choctaws (A)
12:00 PM	Ice Cut
12:15 PM	Choreography (B,I,A)
12:15 PM	Body Movement <b>Off Ice</b> (B,I,A)
12:15 PM	Practice/Lessons
12:45 PM	Freestyle/Lessons
1:15 PM	Freestyle/Lessons
1:45 PM	Freestyle/Lessons
2:15 PM	Freestyle/Lessons
2:45 PM	Ice Cut
3:30 PM	Freestyle/Lessons
4:00 PM	Freestyle/Lessons
4:30 PM	Freestyle/Lessons
<b>5:00 PM</b>	<b>End of Camp Day</b>

KEY: B=Beginner, I=Intermediette, A=Advanced

Friday	Ice Schedule
6:30 AM	Freestyle/Lessons (6:30-7:30 am - \$16)
7:00 AM	Freestyle/Lessons (6:30-7:30 am - \$16)
7:30 AM	Freestyle/Lessons (7:30-8:30 am - \$16)
7:30 AM	Freestyle/Lessons (7:30-8:30 am - \$16)
8:00 AM	Ice Cut
8:30 AM	Warm-up with Mikey <b>Off Ice</b> (B,I,A)
9:00 AM	Joy on Ice/Ice Flow (B,I,A) 45 min clinic
9:45 AM	Skating Ta-Da! (B)
9:45 AM	Skating Ta-Da! (I)
9:45 AM	Skating Ta-Da! (A)
10:15 AM	Intro to Lifts <b>Off Ice</b> (B,I,A)
10:15 AM	Freestyle/Lessons
10:45 AM	Ice Cut
11:00 AM	Group Photo
11:15 AM	Choreography Presentation (B,I,A)
11:30 AM	Freestyle/Lessons
11:30 AM	Ribbons with Mikey <b>Off Ice</b> (B,I,A)
12:00 PM	Ice Cut
12:15 PM	Freestyle/Lessons
12:45 PM	Freestyle/Lessons
1:15 PM	Freestyle/Lessons
1:45 PM	Ice Cut
2:00 PM	Test Session
5:00 PM	End of Camp

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