

Swan City Ice Skaters Session III 09-10

Sunday					Monday										Wednesday											
AB	LH	EN	KH	KR	LC	MH	KR	KH	LZ	JH	MG	CP	SV	AD	LH	EN	KR	LH	MG	EN	CP	MH	JH	KH	SV	
Practice Ice All Levels					Prelim and Beg synch practice with Intro to Synch MH										Prelim and Beg II Synch practice											
4:45					4:45											4:45										
5:00					5:00											5:00										
5:15	AOTE Prelim		AOTE Beg II		5:15											5:15										
5:30					5:30											5:30										
5:45	Moves Class		Low		5:45	sps 1-3	sps 1-3	Basic 1	FS 1	FS 2	basic 3&5	Basic 2		Adult skills		sub	5:45			FS 3	Basic 7	sps basic	sub	FS 4	Basic 8	FS 5&6
6:00					6:00											6:00										
6:15	Zamboni				6:15	All skaters practice Ice										6:15	Dance Class Prelim thru Gold									
6:30					6:30	Freestyle and Above practice										6:30	Art High Pre Juv thru Intermediate									
6:45	Intermediate Synch Practice				6:45	Pre Juv Practice										6:45										
7:00																										
7:15																										
7:30																										
7:30					7:30	Zamboni										7:30	Zamboni									
7:45					7:45	Jumps and Spins Class										7:45	High Moves									
8:00					8:00											8:00										
8:15	Freestyle and above practice Ice				8:15	Pre Juv and Intermediate Synch Practice										8:15	Freestyle and above Practice Ice									
8:30																										
8:45																										
9:00																										
9:00					9:00	Zamboni										9:00										
9:15	Blue Ice				9:15	Blue Ice										9:15	Blue Ice									
9:30																										
9:45																										
###																										

LH	Lisa Henning
KR	Karen Rucks
SV	Stephanie Vogds
AD	Angela Dowidat
MG	Michelle Goodnetter

JH	Jessica Hahn
CP	Coral Petzold
LZ	Lina Zanhgi
KH	Kiersten Hare

LC	Lisa Clark
AB	Andy Brown
MH	Maddie Henning
EM	Emily Noon