

## Sugar Land Ice & Sports Center Training Program Summer 2017

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				SATURDAY			SUNDAY	
TIME	RINK A	RINK B	OFF - ICE	TIME	RINK A	RINK B	OFF - ICE	TIME	RINK A	RINK B	OFF - ICE	TIME	RINK A	RINK B	OFF - ICE	TIME	RINK A	RINK B	TIME	RINK A	OFF-ICE	TIME	RINK A	
6:00 AM		USFS		6:00 AM		USFS		6:00 AM		USFS		6:00 AM		USFS		6:00 AM		USFS	6:00 AM			6:00 AM		
6:15 AM		FS		6:15 AM		FS		6:15 AM		FS		6:15 AM		FS		6:15 AM		FS	6:15 AM	USFS		6:15 AM		
6:30 AM		USFS		6:30 AM		USFS		6:30 AM		USFS		6:30 AM		USFS		6:30 AM		USFS	6:30 AM	FS		6:30 AM		
6:45 AM		FS		6:45 AM		FS		6:45 AM		FS		6:45 AM		FS		6:45 AM		FS	6:45 AM	USFS		6:45 AM		
7:00 AM		USFS		7:00 AM		USFS		7:00 AM		USFS		7:00 AM		USFS		7:00 AM		USFS	7:00 AM	FS		7:00 AM		
7:15 AM	CUT	FS		7:15 AM	CUT	FS		7:15 AM	CUT	FS		7:15 AM	CUT	FS		7:15 AM	CUT	FS	7:15 AM	USFS		7:15 AM		
7:30 AM	Prelim/High	USFS		7:30 AM	High	USFS		7:30 AM	Prelim/High	USFS		7:30 AM	High	USFS		7:30 AM	Prelim/High	USFS	7:30 AM	FS		7:30 AM		
7:45 AM	FS	FS		7:45 AM	FS	FS		7:45 AM	FS	FS		7:45 AM	FS	FS		7:45 AM	FS	FS	7:45 AM	USFS		7:45 AM		
8:00 AM	High	USFS		8:00 AM	High	USFS		8:00 AM	High	USFS		8:00 AM	High	USFS		8:00 AM	High	USFS	8:00 AM	FS		8:00 AM		
8:15 AM	FS	FS		8:15 AM	FS	FS		8:15 AM	FS	FS		8:15 AM	FS	FS		8:15 AM	FS	FS	8:15 AM	CUT		8:15 AM		
8:30 AM	High	CUT		8:30 AM	Low/Prelim	CUT		8:30 AM	High	CUT		8:30 AM	Low/Prelim	CUT		8:30 AM	High	CUT	8:30 AM	USFS		8:30 AM	BEGINNER SYNCHRO and BEGINNER Theater on Ice Combined Lisa D, Ailsa July	
8:45 AM	FS	Low/Prelim		8:45 AM	FS	High		8:45 AM	FS	Low/Prelim		8:45 AM	FS	High		8:45 AM	FS	Low/Prelim	8:45 AM	FS		8:45 AM		
9:00 AM	CUT	FS		9:00 AM	CUT	FS		9:00 AM	CUT	FS		9:00 AM	CUT	FS		9:00 AM	CUT	FS	9:00 AM	USFS		9:00 AM		
9:15 AM	High	Low/Prelim		9:15 AM	Low/Prelim	High		9:15 AM	High	Low/Prelim		9:15 AM	Low/Prelim	High		9:15 AM	High	Low/Prelim	9:15 AM	FS		9:15 AM		
9:30 AM	FS	FS		9:30 AM	FS	FS		9:30 AM	FS	FS		9:30 AM	FS	FS		9:30 AM	FS	FS	9:30 AM	USFS		9:30 AM	BASIC SKILLS Practice Session Sam 1-FS6	
9:45 AM	High	Low/Prelim		9:45 AM	Low/Prelim	High Power Val & Elena		9:45 AM	High	Low/Prelim		9:45 AM	Low/Prelim	High Power Jackie & BJ		9:45 AM	High	Low/Prelim	9:45 AM	FS		9:45 AM		
10:00 AM	FS	FS		10:00 AM	FS			10:00 AM	FS	FS		10:00 AM	FS		PASSED	10:00 AM	FS		10:00 AM	USFS		10:00 AM		
10:15 AM	High	CUT		10:15 AM	Low Power Taylor	CUT		10:15 AM	High	CUT	PREPRE MIF-	10:15 AM	LOW Power Val &/or Elena	CUT		10:15 AM	High	CUT	10:15 AM	FS		10:15 AM	BASIC SKILLS	
10:30 AM	FS	USFS		10:30 AM		High		10:30 AM	FS	LOW Edge Val & Elena	PASSED	10:30 AM		High		10:30 AM	FS	USFS	10:30 AM	CUT		10:30 AM		
10:45 AM	CUT	FS		10:45 AM	CUT	FS		10:45 AM	CUT	FS	JUVE MIF	10:45 AM	CUT	FS		10:45 AM	CUT	FS	10:45 AM			10:45 AM	Practice Sessions	
11:00 AM		ALL LEVEL JUMPS/SPINS Igor S Megan F		11:00 AM		USFS		11:00 AM		USFS		11:00 AM		USFS	OFF - ICE	11:00 AM		USFS	11:00 AM			11:00 AM		
11:15 AM				11:15 AM		FS		11:15 AM		FS		11:15 AM		FS	DANCE	11:15 AM		FS	11:15 AM		Learn to Skate Classes	11:15 AM		
11:30 AM		USFS		11:30 AM		USFS	OFF - ICE	11:30 AM		USFS		11:30 AM		USFS	6 yrs - 12 yrs	11:30 AM		USFS	11:30 AM			11:30 AM	BASIC SKILLS Practice Session Sam 1-FS6	
11:45 AM	PUBLIC	FS		11:45 AM	PUBLIC	FS	DANCE	11:45 AM	PUBLIC	FS	PASSED	11:45 AM	PUBLIC	FS	BJ	11:45 AM	PUBLIC	FS	11:45 AM			11:45 AM		
12:00 PM		USFS		12:00 PM		USFS	13 AND UP	12:00 PM		USFS	INTERMED. MIF & ABOVE	12:00 PM		USFS		12:00 PM		USFS	12:00 PM			12:00 PM		
12:15 PM		FS		12:15 PM		FS	BJ	12:15 PM		FS		12:15 PM		FS		12:15 PM		FS	12:15 PM			12:15 PM	Basic Skills Workshop	
12:30 PM		CUT		12:30 PM		CUT		12:30 PM		CUT		12:30 PM		CUT		12:30 PM		CUT	12:30 PM			12:30 PM		
12:45 PM				12:45 PM				12:45 PM				12:45 PM				12:45 PM			12:45 PM			12:45 PM		
1:00 PM	CUT	BASIC SKILLS Practice Session Sam 1-FS6	KITTY & BJ OFF - ICE	1:00 PM		BASIC SKILLS Practice Session Sam 1-FS6	LOW BALLET Michael	1:00 PM		BASIC SKILLS Practice Session Sam 1-FS6	KITTY & Natasha OFF-ICE	1:00 PM		BASIC SKILLS Practice Session Sam 1-FS6	HIGH BALLET Michael	1:00 PM		CUT	1:00 PM			1:00 PM		
1:15 PM				1:15 PM				1:15 PM				1:15 PM				1:15 PM		EXHIBITIONS	1:15 PM			1:15 PM		
1:30 PM				1:30 PM				1:30 PM				1:30 PM				1:30 PM		EXHIBITIONS	1:30 PM			1:30 PM		
1:45 PM		CUT		1:45 PM		CUT		1:45 PM		CUT		1:45 PM		CUT		1:45 PM		EXHIBITIONS	1:45 PM			1:45 PM	PUBLIC	
2:00 PM		High		2:00 PM		Prelim/High		2:00 PM		High		2:00 PM		Prelim/High		2:00 PM		High	2:00 PM			2:00 PM	1:00-4:00	
2:15 PM		FS		2:15 PM		FS		2:15 PM		FS		2:15 PM		FS		2:15 PM	Kriszty OFF - ICE	FS	2:15 PM			2:15 PM		
2:30 PM	Stick and Puck	High		2:30 PM		Prelim/High		2:30 PM		High		2:30 PM		Prelim/High		2:30 PM		High	2:30 PM			2:30 PM		
2:45 PM		FS		2:45 PM		FS		2:45 PM		FS		2:45 PM		FS		2:45 PM		FS	2:45 PM			2:45 PM		
3:00 PM		High		3:00 PM		Prelim/High		3:00 PM		High		3:00 PM		Prelim/High		3:00 PM		USFS	3:00 PM			3:00 PM		
3:15 PM		FS		3:15 PM		FS		3:15 PM		FS		3:15 PM		FS		3:15 PM		FS	3:15 PM			3:15 PM		
3:30 PM		CUT		3:30 PM		CUT		3:30 PM		CUT		3:30 PM		CUT		3:30 PM		USFS	3:30 PM			3:30 PM		
3:45 PM		USFS		3:45 PM		USFS		3:45 PM		USFS		3:45 PM		USFS		3:45 PM		FS				3:45 PM		
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4:15 PM		USFS		4:15 PM		USFS		4:15 PM		USFS		4:15 PM		USFS		4:15 PM						4:15 PM		
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4:45 PM		USFS		4:45 PM		USFS		4:45 PM		USFS		4:45 PM		USFS		4:45 PM						4:45 PM		
5:00 PM		FS		5:00 PM		FS		5:00 PM		FS		5:00 PM		FS		5:00 PM						5:00 PM		
5:15 PM		CUT		5:15 PM		CUT		5:15 PM		CUT		5:15 PM		CUT		5:15 PM						5:15 PM		
5:30 PM				5:30 PM		Low		5:30 PM				5:30 PM		Low		5:30 PM						5:30 PM		
5:45 PM				5:45 PM		POWER		5:45 PM				5:45 PM		POWER		5:45 PM						5:45 PM		