

Nashville Skating Academy Fall/Spring On-Ice and Off-Ice Schedule** (Effective August 9, 2021)

**Tentative schedule. Subject to change. v8/10/21

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
ON-ICE	OFF-ICE	ON-ICE	OFF-ICE	ON-ICE	OFF-ICE	ON-ICE	OFF-ICE	ON-ICE	OFF-ICE	ON-ICE	OFF-ICE
6:00-7:00 am FS (Rink A)	6:45-7:00 am (Ramp) Dynamic Warm up	6:00-7:00 am FS (Rink A)	6:45-7:00 am (Ramp) Dynamic Warm up	6:00-7:00 am FS (Rink A)	6:45-7:00 am (Ramp) Dynamic Warm up	6:00-7:00 am FS (Rink A)	6:45-7:00 am (Ramp) Dynamic Warm up	6:00-7:00 am FS (Rink A)	6:45-7:00 am (Ramp) Dynamic Warm up		
ICE CUT		ICE CUT		ICE CUT		ICE CUT		ICE CUT			
7:15-8:15 am FS Ice Academy, Rink A		7:15-8:15 am FS Ice Academy, Rink A		7:15-8:15 am FS Ice Academy, Rink A		7:15-8:15 am FS Ice Academy, Rink A		7:15-8:15 am FS Ice Academy, Rink A			
ICE CUT		ICE CUT		ICE CUT		ICE CUT		ICE CUT			
8:30-9:30 am FS Ice Academy, Rink A		8:30-9:30 am FS Ice Academy, Rink A		8:30-9:00 am (A) Elite/High Patch		8:30-9:30 am FS Ice Academy, Rink A		8:30-9:30 am FS Ice Academy, Rink A		8:45-9:45 am FS (Rink A)	
9:30-10:00 am (A) Elite/High Spins		9:30-10:00 am (A) Elite/High Tech		9:00-10:00 am FS (Ice Academy, Rink A)		9:30-10:00 am (A) Elite/High Tech		9:30-10:00 am (A) High/Elite Curry		9:45-10:45 (Rink A) Learn to Skate *****	9:20-9:40 am (Ramp) Dynamic Warm up
	10:15-10:45 am (Ramp) Off-Ice Jumps				10:15-11:00 am (Ramp) Off-Ice Jumps					9:45-10:45 (Rink A) ASPIRE	
										10:45-11:45 am Freestyle, Rink B	10:50-11:20pm (Ramp) Aspire Off-Ice
										11:45-12:45 pm Freestyle, Rink B	
Afternoon Ice and Class Schedule											
		1:30-2:30 pm FS (Rink A)				1:00-2:00 pm FS (Rink A)					
		1:30-2:30 pm (A) Homeschool LTS		2:15-3:15 pm FS (Rink A)		2:00-3:00 pm FS (Rink A)				1:15-2:15 pm FS (Rink A)	
1:45-2:45 pm FS (Rink A)		2:30-3:30 pm FS (Rink A)		3:15-4:15 pm FS (Rink A)		ICE CUT				2:15-3:15 pm FS (Rink A)	
2:45-3:45 pm FS (Rink A)		ICE CUT		4:15-4:45 pm (A) Low Spins		3:15-4:15 pm FS (Rink A)				3:15-4:15 pm FS (Rink A)	
ICE CUT		3:45-4:45 pm FS (Rink A)		4:15-4:45 pm (A) Intermediate Spins		4:15-4:45 pm (A) High/Elite Curry				4:15-4:45 pm (A) High/Elite Spins	
4:00-5:00 pm FS (Rink A)		3:45-4:15 pm (A) High/Elite Stroking		4:15-4:45 pm (A) Intermediate Spins		4:45-5:15 pm (A) Low Curry				4:15-4:45 pm (A) Theater on Ice	
4:30-5:00 pm (A) MITF Pre-Pre		4:45-5:15 pm (A) Theater on Ice	4:35-5:20 (Fit Ctr) Elite/High Ballet	4:15-5:15 pm FS (Rink A)		4:45-5:15 pm (A) Intermediate Curry				4:15-4:45 pm FS (Rink A)	
5:00-5:30 pm (A) Int/Low Stroking		4:45-5:45 pm FS (Rink A)	4:45-5:00 pm (Ramp) DW (ASPIRE) *****		5:30-6:15 pm (Ramp) Int./Low Cond. *****	4:45-5:45 pm FS (Rink A)				4:15-5:15 pm FS (Rink A)	
	5:10-5:45 pm (Ramp) High Off-Ice Jumps	5:45-6:15 pm (Ramp) Low/Int. Off-Ice Jumps	5:45-6:45 (Rink A) Learn to Skate *****		5:30-6:30 (Fit Ctr) High/Elite Cond.	5:45-6:45 pm (Rink A) Learn to Skate		5:50-6:35 (Fit Ctr) Intermediate Ballet		4:45-5:15 pm (A) Ice Dance	
		5:45-6:45 (Rink A) ASPIRE	5:05-5:40 (Ramp) Aspire Off-Ice								
										Walk-On Class Rates Figure Skating Classes - \$20/class Learn to Skate & Aspire - \$25/Class	