
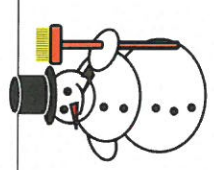


JANUARY 2019 FREESTYLE AND SPECIALTY CLASS SCHEDULE

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<ul style="list-style-type: none"> 12-Session Freestyle Punch Card: \$75. One 30-minute Freestyle Drop-In: \$8; Unlimited Freestyle Monthly Pass: \$250 (must be purchased by the last day of the month prior to use. There are no refunds for the purchase of freestyle ice time. All passes expire one year from date of purchase. <u>Freestyle and Specialty Class Schedule is subject to</u> 	<p>1-2 7:45-8:15, 8:15-8:45, 8:45-9:15, 9:15-9:45, 9:45-10:15, 10:15-10:45</p>	<p>1-3 7:45-8:15, 8:15-8:45, 8:45-9:15, 9:15-9:45, 9:45-10:15, 10:15-10:45 3-3:30, 3:30-4, 4-4:30, 4:30-5 5-6:30 LEARN-TO-SKATE</p>	<p>1-4 7:45-8:15, 8:15-8:45, 8:45-9:15, 9:15-9:45, 9:45-10:15, 10:15-10:45</p>	<p>1-5 7:30-8, 8-8:30, 8:30-9, 9-9:30 9:45-11:15 LEARN-TO-SKATE</p>
6	<p>7 3-3:30, 3:30-4, 4-4:30, 4:30-5, 5-5:30 5:35-6:05 JUMP 3 5:35-6:35 S&C2</p>	<p>8 2:30-3, 3-3:30, 3:30-4, 4-4:30, 4:30-5, 5-5:30 5:35-6:05 JUMP 2</p>	<p>9 3-3:30, 3:30-4, 4-4:30, 4:30-5 5:05-6:05 S&C 3</p>	<p>10 2:30-3, 3-3:30, 3:30-4, 4-4:30, 4:30-5 5-6:30 LEARN-TO-SKATE</p>	<p>11 2-2:30, 2:30-3, 3-3:30, 3:30-4, 4-4:30, 4:30-5</p>	<p>12 7:30-8, 8-8:30, 8:30-9, 9-9:30 9:45-11:15 LEARN-TO-SKATE</p>
13	<p>14 3-3:30, 3:30-4, 4-4:30, 4:30-5, 5-5:30 5:35-6:05 JUMP 3 5:35-6:35 S&C2</p>	<p>15 2:30-3, 3-3:30, 3:30-4, 4-4:30, 4:30-5, 5-5:30 5:35-6:05 JUMP 2</p>	<p>16 3-3:30, 3:30-4, 4-4:30, 4:30-5 5:05-6:05 S&C 3</p>	<p>17 2:30-3, 3-3:30, 3:30-4, 4-4:30, 4:30-5 5-6:30 LEARN-TO-SKATE</p>	<p>18,19 NO Learn-to-Skate Classes or Freestyles Come out to cheer on your favorite team and Synchro Illinois!!!</p>	<p>19 NO Learn-to-Skate Classes or Freestyles Come out to cheer on your favorite team and Synchro Illinois!!!</p>
20	<p>21 3-3:30, 3:30-4, 4-4:30, 4:30-5, 5-5:30 5:35-6:05 JUMP 3 5:35-6:35 S&C2</p>	<p>22 2:30-3, 3-3:30, 3:30-4, 4-4:30, 4:30-5, 5-5:30 5:35-6:05 JUMP 2</p>	<p>23 3-3:30, 3:30-4, 4-4:30, 4:30-5 NO 5:05-6:05 S&C 3</p>	<p>24 2:30-3, 3-3:30, 3:30-4, 4-4:30, 4:30-5 5-6:30 LEARN-TO-SKATE</p>	<p>25 2-2:30, 2:30-3, 3-3:30, 3:30-4, 4-4:30, 4:30-5</p>	<p>26 7:30-8, 8-8:30, 8:30-9, 9-9:30 9:45-11:15 LEARN-TO-SKATE</p>
27	<p>28 3-3:30, 3:30-4, 4-4:30, 4:30-5, 5-5:30 5:35-6:05 JUMP 3 5:35-6:35 S&C2</p>	<p>29 2:30-3, 3-3:30, 3:30-4, 4-4:30, 4:30-5, 5-5:30 5:35-6:05 JUMP 2</p>	<p>30 3-3:30, 3:30-4, 4-4:30, 4:30-5 5:05-6:05 S&C 3</p>	<p>31 2:30-3, 3-3:30, 3:30-4, 4-4:30, 4:30-5 5-6:30 LEARN-TO-SKATE</p>		

Winter, 2019 Specialty Class Schedule*

Jump 2: 8/30-minute, off-ice classes **(Tuesdays, 5:35-6:05pm)**

Class Dates: 1-8, 1-15, 1-22, 1-29 2-5, 2-12, 2-19, 2-26

8 Weeks: \$80 (by 1-7); \$90 (1-8 and after) or \$15 /Drop-In

Passed Freestyle 3 through Freestyle 6; but placement is ultimately at the discretion of the instructor.

Jump 3: 8/30-minute, off-ice classes **(Mondays, 5:35-6:05pm)**

Class Dates: 1-7, 1-14, 1-21, 1-28, 2-4, 2-11, 2-18, 2-25

8 Weeks: \$80 (by 1-6); \$90 (1-7 and after) or \$15 /Drop-In

Passed Freestyle 6 and up. Must have experience from Jump 2; but placement is ultimately at the discretion of the instructor.

Strength & Conditioning 2: 8/60-minute, off-ice classes **(Mondays, 5:35-6:35pm)**

Class Dates: 1-7, 1-14, 1-21, 1-28, 2-4, 2-11, 2-18, 2-25

8 Weeks: \$120 (by 1-6); \$130 (1-7 and after)

Some training experience, but placement is ultimately at the discretion of the instructor..

Strength & Conditioning 3: 7/60-minute, off-ice classes **(Wednesdays, 5:05-6:05 pm)**

Class Dates: 1-9, 1-16, (NO 1-23), 1-30, 2-6, 2-13, 2-20, 2-27

7 Weeks: \$105 (by 1-8); \$115 (1-9 and after)

This class is generally for participants who have taken several years of training, but placement is ultimately at the discretion of the instructor

*Schedule is subject to change.