



HSSTA Summer Freestyle & Class Schedule

June & July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:30am OFF ICE WARM UP		6:30am OFF ICE WARM UP		
7:00-8:00am FS/HP/Pairs	7:00am-8:00am ADULT ONLY - Morning Brew Glide Crew	7:00-8:00am FS/HP/Pairs	7:00am-8:00am ADULT ONLY - Morning Brew Glide Crew	7:00-8:00am FS/HP/Pairs	6:50-7:50am FS
8:00-9:00am FS/HP/Pairs	8:00am-9:00am FS	8:00-9:00am FS	8:00am-9:00am FS	8:00-9:00am FS/HP/Pairs	7:50-8:50am FS
	9:00am-10:00am FS	9:00am-10:00am FS	9:00am-10:00am FS		ICE CUT
OFF ICE Dynamic Warm Up 11:00am- 11:40am	OFF ICE Dynamic Warm Up 11:00am-11:40am	OFF ICE Dynamic Warm Up 11:00am-11:40am	OFF ICE Dynamic Warm Up 11:00am- 11:40am		9-10:00am FS & SYNCHRO (Heidi)
On Ice Edge Class 11:50am-12:20pm	On Ice Edge Class 11:50am-12:20pm	On Ice Edge Class 11:50am-12:20pm	On Ice Edge Class 11:50am-12:20pm		10-11am LTS
On Ice Jumps Class 12:20pm-12:50pm	On Ice Spins Class 12:20pm-12:50pm	On Ice Jumps Class 12:20pm-12:50pm	On Ice Spins Class 12:20pm-12:50pm		ICE CUT
On Ice Power Class 12:50pm-1:20pm	On Ice Jumps Class 12:50pm-1:20pm	On Ice Artistic Inperpitation Class 12:50pm-1:20pm	On Ice Tricks & Uncaptured Moves Class 12:50pm-1:20pm		11:10-12:10pm Adult LTS
ICE CUT	ICE CUT	ICE CUT	ICE CUT		12:10pm-1:10pm FS
1:30pm-2:30pm LTS	1:30pm-2:30pm FS/Pairs	1:30pm-2:30pm FS	1:30pm-2:30pm FS	1:30pm-2:30pm FS	
2:30pm-3:30pm FS	2:30pm-3:30pm FS	2:30pm-3:30pm FS	2:30pm-3:30pm FS	2:30pm-3:30pm FS	
3:30pm-4:30pm FS	2:50pm-3:20pm ASPIRE Off Ice	2:50pm-3:20pm ASPIRE Off Ice	3:30pm-4:30pm FS	3:30pm-4:30pm FS	
	3:30pm-4:30pm ASPIRE Low/High Summer Sizzle Sessions On Ice	3:30pm-4:30pm ASPIRE Low/High Summer Sizzle Sessions On Ice			
	3:30-4:30pm Limited FS	3:30-4:30pm Limited FS			
ICE CUT	ICE CUT	ICE CUT	ICE CUT	ICE CUT	
4:40-5:40pm FS	4:40-5:40pm LTS	4:40-5:40pm LTS	4:40-5:40pm FS/HP	4:40-5:40pm TOI	
5:40-6:40pm FS/HP	5:40-6:40pm FS/HP	5:40-6:40pm FS & ASPIRE	5:40-6:40pm FS & Special Olympics		
	HOCKEY SKATING SKILLS 11-11:50am .RINK 1		ADULT PLAYER SKILL DEVELOPMENT Off-Ice 10:15am-10:35am On Ice 10:50-11:50am RINK 1		

Specialty classes -Choose a Day and pay for that day, choose two days discount, then three days more discount, fourth day discount

HIGH FREESTYLE - pre-bronze and above or must have landed an axel