



GPSC Summer Skate

Crosslink County Sportsplex

Week 1 : July 4-7 2017

Tuesday-Friday

08:00- 08:45AM	Senior/ High Performance	Freeskate
08:45- 09:00AM	Senior/ High Performance	Spins/stroking
09:00- 09:15AM	Flood	
09:15- 09:45AM	Senior/ High Performance	Dance/Skills/Transitions
09:45- 10:30AM	Intermediate/ Junior	Freeskate
10:30- 11:00AM	Intermediate/ Junior	Dance/Skills
11:00- 11:15AM	Flood	
11:15- 11:30AM	Intermediate/ junior	Spins/Stroking
11:30- 12:15PM	Senior/ High Performance	Freeskate
12:15- 1:00 PM	Star 1/ Junior Prep/Canskate/ Precanskate	

Off Ice Training

08:45-09:30 AM	Intermediate/ Junior	
10:00-10:45 PM	Senior/ High Performance	
01:15-02:00 PM	Open Junior/ Intermediate/ Senior/ High Performance	Jumps/Spin Position/Flex optional

Pricing for Week 1 Only

Senior/ High Performance \$168.00

Intermediate/ Junior \$102.00

Star 1, Junior Prep. Canskate/PreCanskate \$80.00

Optional Off Ice \$45.00