

# Nashville Skating Academy Fall/Spring Ice and Class Schedule (Centennial location)

August , 2023-May 25, 2024 (v01/08/24)

Location Key: (A) - Rink A; (B) - Rink B; (R) - Upper Ramp; (Fit Ctr) - Group Fitness Room; (Gym) - Fitness Center Gym  
Color Key: WHITE-Freestyle; ORANGE-Off-Ice Class; YELLOW-On-Ice Class; GREEN-Learn to Skate/Aspire on ice

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 am Open FS (A)	6:00-7:00 am Open FS (A)	6:00-7:00 am Open FS (A)	6:00-7:00 am Open FS (A)	6:00-7:00 am Open FS (A)	<b>Unlimited Contract Rates</b>  Unlimited Ice: \$285/mo Unlimited Classes: \$315/mo  Register Online <a href="http://www.nashvilleiceskate.com">www.nashvilleiceskate.com</a>
6:45-7 am, DW (R)	6:45-7 am, DW (R)	6:45-7 am, DW (R)	6:45-7 am, DW (R)	6:45-7 am, DW (R)	
ICE CUT	ICE CUT	ICE CUT	ICE CUT	ICE CUT	
7:15-8:15 am FS Rink (A) Open	7:15-8:15 am FS Rink (A) Open	7:15-8:15 am FS Rink (A) Open	7:15-8:15 am FS Rink A Open	7:15-8:15 am FS Rink (A) Open	
ICE CUT	ICE CUT	ICE CUT	ICE CUT	ICE CUT	
8:30-9:30 am FS Rink (A) Open	8:15-9:15 am FS Rink (A) Open	8:30-9:30 am FS Rink (A) Open	8:30-9:30 am FS Rink (A) Open	8:30-9:30 am FS Rink (A) Open	9:20-9:40 ADW (R)
9:30-10:00 am (A) High/Elite Spins	9:30-10:00 am (A) High/Elite Patch	9:30-10:00 am (A) High/Elite Power	9:30-10:00 am (A) High/Elite Ice Dance	9:30-10:00 am (A) High/Elite Curry	8:45-9:45 am Open FS, (A)
10:15-11:00 am, (R) Elite Yoga	Core 10:15-10:30 (R) 10:30-11:00 am (R) Elite Off-Ice Jumps	10:15-10:45 Elite Stretch	Core 10:15-10:30 (R) 10:30-11:00 am (R) Elite Off-Ice Jumps	10:15-10:55 am Conditioning	9:45-10:45 (A) Learn to Skate/ ASPIRE
				11:00-12:00 pm (Fit Ctr) Elite Ballet	10:45-11:45 am (B) Open FS
					11:45-12:45 pm (B) Open FS

## Afternoon Ice and Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:45-2:45 pm Open FS (A)	1:30-2:30 pm Open FS (Rink A)		1:00-2:00 pm Open FS (Rink A)	1:15-2:15 pm Open FS (Rink A)	<b>Walk-On Class Rates</b> Figure Skating Classes - \$20/class (on & off-ice classes)  ***** <b>Level Key</b> Open - All Levels Low/Intermediate - Basic Skills through Preliminary High - Passed Prelim FS test **Elite - Passed Juvenile FS test **Coach permission required for all high/elite classes.  *****
2:45-3:45 pm Open FS (A)	2:30-3:30 pm Open FS (Rink A)	2:15-3:15 pm Open FS (Rink B)	2:00-3:00 pm Open FS (Rink A)	2:15-3:15 pm Open FS (Rink A)	
ICE CUT	ICE CUT	3:15-4:15 pm Open FS (Rink B)	ICE CUT	3:15-4:15 pm Open FS (Rink A)	
4:00-5:00 pm Open FS (A)	3:45-4:15 pm (A) High/Elite Stroking	4:15-5:15 pm Open FS (Rink B)	3:15-4:15 pm Open FS (Rink A)	4:15-5:15 pm FS (Rink A)	
4:30-5:00 pm (A) Theater on Ice (TOI)	4:15-5:45 pm Open FS (Rink A) 90 Minutes	4:15-4:45 pm (B) Low/Int. Spins	4:15-5:45 pm Open FS - 90 min. (Rink A)	4:15-4:45 pm (A) High/Elite Curry	
5:00-5:30 pm (A) Low/Int. Stroking	4:35-5:20 pm (Fit Ctr) High/Elite Ballet	4:45-5:15 pm (B) Intro to Ice Dance	4:45-5:15 pm (A) Low/Int. Curry	4:45-5:15 pm (A) Low/Int. Curry	
5:10-5:40 pm (R) High Off-Ice Jumps		5:30-6:15 pm (R) Low/Int. Cond.	5:15-5:45 pm (A) Theater on Ice (TOI)	5:15-5:45 pm (A) Theater on Ice (TOI)	
5:45-6:15 pm Low/ Int Off-Ice Jumps	5:45-6:45 pm (Rink A) Learn to Skate	5:30-6:30 pm (Gym) High/Elite Cond.	5:45-6:45 pm (Rink A) Learn to Skate	5:50-6:35 Intermediate Ballet	