

**The Rinks - Yorba Linda ICE**  
**"Learn-to-Skate USA" and "The Academy" Classes**  
**8 Week Semester**

Session: October 7, 2021 to Dec 4, 2021 with  
**ACADEMY (in blue) / Off-Ice LTS level Classes in green**

**(NO CLASSES Week of November 22nd due to Thanksgiving Holiday)**

**THURSDAY**

|                 |              |
|-----------------|--------------|
| Basic 1         | 4:45-5:15 pm |
| Basic 1         | 4:45-5:15 pm |
| Basic 1         | 4:45-5:15 pm |
| Basic 2         | 4:45-5:15 pm |
| Basic 3         | 4:45-5:15 pm |
| Hockey Beginner | 4:45-5:15 pm |

**5 minute break**

**Academy "Spins" on ice** 5:20-5:50 pm

|                     |              |
|---------------------|--------------|
| Basic 4             | 5:20-5:50 pm |
| Basic 5/6           | 5:20-5:50 pm |
| Hockey Intermediate | 5:20-5:50 pm |
| Adult               | 5:20-5:50 pm |

**Off-Ice Core Strength & Conditioning "Academy" Level Only  
in Ballet Room (Jump,Spin technique)** 6:00-6:30 pm

**SATURDAY**

**Off-Ice Core Strength & Conditioning "Academy" Level Only  
in Ballet Room (Jump,Spin technique)** 8:45-9:30 am

**Off Ice Strength Class "Basic 1-5"** 9:30-10:00 am

**STROKING CLASS** 9:45-10:05 am

**5 minute break**

**Academy "Jumps" On Ice** 10:10-10:40 am

|         |                |
|---------|----------------|
| Basic 4 | 10:10-10:40 am |
| Basic 5 | 10:10-10:40 am |
| Basic 6 | 10:10-10:40 am |
| Adult   | 10:10-10:40 am |

**5 minute break**

|                    |                |
|--------------------|----------------|
| Basic 1            | 10:45-11:15 am |
| Basic 1            | 10:45-11:15 am |
| Basic 1            | 10:45-11:15 am |
| Basic 2            | 10:45-11:15 am |
| Basic 3            | 10:45-11:15 am |
| Adult Intermediate | 10:45-11:15 am |