

**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
	10:45-11:15 am