

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

Session: December 9 2021 to Feb 12, 2022 with  
**ACADEMY (in blue) / Off-Ice LTS level Classes (in green)**

**NO CLASSES the "Week of Dec 20th" and "Week of Dec 27" (2 weeks off for holidays)**

**THURSDAY**

Basic 1	Chelsea-Brittanny	4:45-5:15 pm
Basic 1	Matej	4:45-5:15 pm
Basic 2	Jessica G-Michelle	4:45-5:15 pm
Basic 3	Katie- Anna	4:45-5:15 pm
Hockey Beginner	Ashley Z/Caitlin	4:45-5:15 pm

**5 minute break**

<b>Academy "Spins" on ice</b>	Matej-Anna	5:20-5:50 pm
Basic 4	Katie	5:20-5:50 pm
Basic 5	Chelsea	5:20-5:50 pm
Basic 6	Michelle	5:20-5:50 pm
Hockey Intermediate	Ashley Z/Caitlin	5:20-5:50 pm
Adult	Jessica G /Brittany	5:20-5:50 pm

**SATURDAY**

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

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

**STROKING CLASS Anna - Jessica A 9:45-10:05 am**

**5 minute break**

<b>Academy "Jumps"</b>	<b>Anna-Matej-Chelsea</b>	<b>10:10-10:40 am</b>
Basic 1	Caitlin	10:10-10:40 am
Basic 4	Brittany	10:10-10:40 am
Basic 5	Jessica A	10:10-10:40 am
Basic 6	Jessica G	10:10-10:40 am
Adult	Ashley M	10:10-10:40 am

**5 minute break**

Basic 1	Ashley M-Chelsea	10:45-11:15 am
Basic 1	Matej-Jessica A	10:45-11:15 am
Basic 2	Brittany	10:45-11:15 am
Basic 2	Caitlin	10:45-11:15 am
Basic 3	Anna	10:45-11:15 am