

MFSC Fall 2011 Schedule August 29-December 17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
# weeks PM	15	16	15	14		12
# of Weeks AM		16	16	14	14	
6:00-7:30 am		Open Free 6:00-7:30	Open Free 6:00-7:30	Open Free 6:00-7:30	Open Free 6:00-7:30	
10:15-10:30						Basic Skills/ Open Free-90 10:15-11:45am Pay only for 60 minutes
10:30-10:45						
10:45-11:00						
11:00-11:15						
11:15-11:30						
11:30-11:45						
4:00-4:15						
4:15-4:30		Open Free- 60 4:00-5:00				
4:30-4:45						
4:45-5:00						
5:00-5:15		Basic Skills/ Open Free-45 5:00-5:45				
5:15-5:30						
5:30-5:45						
5:45-6:00					Open Free - 60 5:30-6:30	
6:00-6:15						
6:15-6:30	Open Free-60 6:00-7:00		Basic Skills/ Open Free-45 6:00-6:45			
6:30-6:45						
6:45-7:00					Off Ice- 30 6:35-7:05 (45 min break)	
7:00-7:15	Open Free/ Dance-60 7:00-8:00		Basic Skills/ Open Free-45 6:45-7:30			
7:15-7:30						
7:30-7:45						
7:45-8:00						
7:45-8:00					Open Free - 60 7:15-8:15	
Off-Ice 6:35-7:05					Core*Strength* Stretch	

Notes: Off Ice Class begins September 1. Please refer to the Off-Ice Description Page for Dates and Details.

NO ICE IS CONTRACTED ON: Sat 9/3, Mon 9/5 (Labor Day); Sat 9/24 (Hockey Tournament); Wed 9/28 (PM only), Thurs 9/29 (AM/PM), Fri 9/30, Sat 10/1 (EGL Regionals); Thurs 11/24 AM/PM, Fri 11/25, Sat 11/26 (Thanksgiving). ALSO TUESDAY 10/4/11 INITIALLY OMITTED

PLEASE NOTE: Saturday September 17 Club ice will be at 4:45-5:45 pm to accomodate IBIM Parade.

LTS lessons will be held on club ice on Wednesdays 6:45-7:30 pm and Saturdays 11:00-11:45 am. LTS lessons will also be held Thursdays 6:30-7:15 pm while off ice is held upstairs. Several skater volunteers will be needed to assist for each LTS session.

Open Free Session	Open to all levels (Basic 6 and up).
Open Free/Dance Session	Combined Open Free/Dance. Open to skaters who passed Basic 6 and up. 2 skaters can skate together (pairs, dance or synchro) without the restriction of number of skaters on the ice. Moves, jumps, spins, dance, synchro can be practiced on this session.
Basic Skills/Open Free Session	Open to skaters, Basic skills and above. Doubles are allowed on this session. Must have passed Basic 1 or Tot 1 minimum. Must yield to newer skaters.
Core*Strength*Stretch class	Open to skaters age 6 and up. Location: Ballet room.