

**OCTOBER 2024- YORKTOWN**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 —		1 —	2 FS 10:00-11:00a FS 11:00-12:00p FS 3:00-4:30p FS 4:30-5:30p Aspire On-ice 5:30-6:00p Aspire Off-ice (conditioning) 6:10-6:40p	3 FS 3:00-4:00p FS 4:00-5:30p SP 5:00-5:30p LTS 5:30-6:00p <b>Aspire Off-ice (stretch) 6:10-6:40p</b>	4 FS 3:00-4:00p FS 4:00-5:00p FS 5:00-6:30p	5 FS 6:30-7:30a Aspire Edge class 7:30-8:00a Adult Prod/Aspire TOI 8:00-8:30a TOI Team Practice 8:30-9:00a LTS 9:00-9:30a/SP 9:00-9:30a LTS 9:30-10:00a/SP 9:30-10a
6 —	7 FS 10:00-11:00a 11-11:30a: <b>Adult Aspire/Adult LTS/Homeschool LTS (HS 11-12)</b> FS 3:00-4:00p FS 4:00-5:00p FS 5:00-6:00p SP 5:30-6:00p LTS 6:00-6:30p	8 —	9 FS 10:00-11:00a FS 11:00-12:00p FS 3:00-4:30p FS 4:30-5:30p Aspire On-ice 5:30-6:00p Aspire Off-ice (conditioning) 6:10-6:40p	10 FS 3:00-4:00p FS 4:00-5:30p SP 5:00-5:30p LTS 5:30-6:00p <b>Aspire Off-ice (stretch) 6:10-6:40p</b>	11 FS 3:00-4:00p FS 4:00-5:00p FS 5:00-6:30p	12 FS 6:30-7:30a Aspire Edge class 7:30-8:00a Adult Prod/Aspire TOI 8:00-8:30a TOI Team Practice 8:30-9:00a LTS 9:00-9:30a/SP 9:00-9:30a LTS 9:30-10:00a/SP 9:30-10a
13 —	14 FS 10:00-11:00a 11-11:30a: <b>Adult Aspire/Adult LTS/Homeschool LTS (HS 11-12)</b> FS 3:00-4:00p FS 4:00-5:00p FS 5:00-6:00p SP 5:30-6:00p LTS 6:00-6:30p	15 —	16 FS 10:00-11:00a FS 11:00-12:00p FS 3:00-4:30p FS 4:30-5:30p Aspire On-ice 5:30-6:00p Aspire Off-ice (conditioning) 6:10-6:40p	17 FS 3:00-4:00p FS 4:00-5:30p SP 5:00-5:30p LTS 5:30-6:00p <b>Aspire Off-ice (stretch) 6:10-6:40p</b>	18 FS 3:00-4:00p FS 4:00-5:00p FS 5:00-6:30p	19 FS 6:30-7:30a Aspire Edge class 7:30-8:00a Adult Prod/Aspire TOI 8:00-8:30a TOI Team Practice 8:30-9:00a LTS 9:00-9:30a/SP 9:00-9:30a LTS 9:30-10:00a/SP 9:30-10a
20 —	21 FS 10:00-11:00a 11-11:30a: <b>Adult Aspire/Adult LTS/Homeschool LTS (HS 11-12)</b> FS 3:00-4:00p FS 4:00-5:00p FS 5:00-6:00p SP 5:30-6:00p LTS 6:00-6:30p	22 —	23 FS 10:00-11:00a FS 11:00-12:00p FS 3:00-4:30p FS 4:30-5:30p Aspire On-ice 5:30-6:00p Aspire Off-ice (conditioning) 6:10-6:40p	24 FS 3:00-4:00p FS 4:00-5:30p SP 5:00-5:30p LTS 5:30-6:00p <b>Aspire Off-ice (stretch) 6:10-6:40p</b>	25 FS 3:00-4:00p FS 4:00-5:00p FS 5:00-6:30p	26 FS 6:30-7:30a Aspire Edge class 7:30-8:00a Adult Prod/Aspire TOI 8:00-8:30a TOI team Practice 8:30-9:00a LTS 9:00-9:30a/SP 9:00-9:30a LTS 9:30-10:00a/SP 9:30-10a
27 —	28 FS 10:00-11:00a 11-11:30a: <b>Adult Aspire/Adult LTS/Homeschool LTS (HS 11-12)</b> FS 3:00-4:00p FS 4:00-5:00p FS 5:00-6:00p SP 5:30-6:00p LTS 6:00-6:30p	29 —	30 FS 10:00-11:00a FS 11:00-12:00p FS 3:00-4:30p FS 4:30-5:30p Aspire On-ice 5:30-6:00p Aspire Off-ice (conditioning) 6:10-6:40p	31 FS 3:00-4:00p <b>FS 4:00-5:00p</b> SP 5:00-5:30p <b>FS 5:00-6:00p</b> <b>(No classes- Happy Halloween!)</b>	KEY: FS- Freestyle SP- Skills Practice LTS- Learn to skate Invite Only Classes Teams <b>Changes in Bold</b>	<b>REMINDER-</b> <b>ALL FS &amp; SP HAVE A MAX. # OF ALLOWED SKATERS. WE STRONGLY ENCOURAGE PUNCHING IN AHEAD OF TIME. SESSIONS OPEN 1 WEEK IN ADVANCE.</b>