

**METRO EDGE FIGURE SKATING CLUB and SAINT LOUIS SYNERGY
SYNCHRONIZED SKATING TEAMS
Summer 2009**

On Tuesdays – the Preliminary team will practice the last ½ hour of the time. Example, on Tuesday, June 2, the Prelim team will be on the ice from 6:15-6:45pm. When we have TWO hours, the Preliminary Team will have the second Full Hour. The first hour will be used for Club Ice and for Special Programs throughout the summer – such as, a Freestyle Clinic, a Dance Clinic, etc. Watch the website and your email for details

On Thursdays – the Open Juv and Juvenile Teams will practice the first 45 minutes of the time and the Intermediate team will practice the last 45 minutes of the time. When we have two hours, the first hour will be the Open Juv and Juvenile team and the last hour will be the Intermediate Team.

Summer will be focused on synchro skills and MIF. Some teams will start working on their programs during this summer time. Please let you coach know when you will be absent

TUESDAYS

June 2 5:15 – 6:45 pm
June 9 5:15 – 6:45 pm

June 16 **No ice**

THIS IS THE WEEK THAT WE HAVE OUR CAMP AT CHESTERFIELD

June 23 5:15 – 6:45 pm
June 30 5:15 – 6:45 pm

July 7 5:15 – 6:45 pm
July 14 5:30 – 6:30 pm

 6:45 – 7:45 pm
July 21 5:30 - 6:30 pm

 6:45 – 7:45 pm
July 28 7:30 – 9:00 pm

August 4 **No Ice**

THIS IS THE WEEK THAT Miami University of Ohio HAS THE SYNCHRO CAMP

August 11 5:15 – 6:45 pm
August 18 5:15 – 6:45 pm
August 25 4:45 – 6:15 pm Bootcamp

THURSDAYS

June 4 5:15 – 6:45 pm
June 11 5:15 – 6:45 pm

June 18 **No Ice**

June 25 5:15 – 6:45 pm

July 2 5:15 – 6:45 pm
July 9 5:15 – 6:45 pm

July 16 5:30 – 6:30 pm
 6:45 – 7:45 pm

July 23 5:30 – 6:30 pm
 6:45 – 7:45 pm

July 30 7:30- 9:00 pm

August 6 **No Ice**

August 13 5:15 – 6:45 pm
August 20 5:15 – 6:45 pm
August 27 4:45 – 6:15 pm Bootcamp