

**Nashville Skating Academy Fall/Spring Ice and Class Schedule (Centennial location)**  
**SEPTEMBER 2025, CLOSED LABOR DAY (9/1/2025)**

Location Key: (A) - Rink A; (B) - Rink B; (R) - Upper Ramp; (Fit Ctr) - Group Fitness Room; (Gym) - Fitness Center Gym; Disability Room (D)  
 Color Key: WHITE-Freestyle; ORANGE-Off-Ice Class; YELLOW-On-Ice Class; GREEN-Learn to Skate; TEAL - ASPIRE BRIDGE PRG ; PINK - Fee based class not included in unlimited programming; PURPLE: Non-Standard Freestyle Times - Septmeber Specific; RED - DATE SPECIFIC FS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>6:00-7:00 am Open FS (A)</div> <div>6:45-7 am, DW (R)</div> <div>ICE CUT</div> <div>7:15-8:15 am FS Rink (A) Open</div> <div>ICE CUT</div> <div>8:30-9:30 am FS Rink (A) Open</div> <div>9:30-10:00 am (A) High/Elite Spins</div> <div>10:15-11:00 am (R) Elite Yoga</div>	<div>6:00-7:00 am Open FS (A)</div> <div>6:45-7 am, DW (R)</div> <div>ICE CUT</div> <div>7:15-8:15 am FS Rink (A) Open</div> <div>ICE CUT</div> <div>8:30-9:30 am FS Rink (A) Open</div> <div>9:30-10:00 am (A) High/Elite Edges</div> <div>Core 10:15-10:30 (R)</div> <div>10:30-11:00 am (R) Elite Off-Ice Jumps</div>	<div>6:00-7:00 am Open FS (A)</div> <div>6:45-7 am, DW (R)</div> <div>ICE CUT</div> <div>7:15-8:15 am FS Rink (A) Open</div> <div>ICE CUT</div> <div>8:30-9:30 am FS Rink (A) Open</div> <div>9:30-10:00 am (A) High/Elite Power</div> <div>10:15-11:00 am, (R) Elite Conditioning</div>	<div>6:00-7:00 am Open FS (A)</div> <div>6:45-7 am, DW (R)</div> <div>ICE CUT</div> <div>7:15-8:15 am FS Rink A Open</div> <div>7:15-7:45 am, (A) Adult Curry</div> <div>ICE CUT</div> <div>8:30-9:30 am FS Rink (A) Open</div> <div>9:30-10:00 am (A) H/E Ice Dance/Tech</div> <div>Core 10:15-10:30 (R)</div> <div>10:30-11:00 am (R) Elite Off-Ice Jumps</div> <div>11:00-12:00 Pm, (R) Elite Stretch</div>	<div>6:00-7:00 am Open FS (A)</div> <div>6:45-7 am, DW (R)</div> <div>ICE CUT</div> <div>7:15-8:15 am FS Rink (A) Open</div> <div>ICE CUT</div> <div>8:30-9:30 am FS Rink (A) Open</div> <div>9:30-10:00 am (A) High/Elite Curry</div> <div>10:15-10:55 am Active Recovery</div> <div>11:00-12:00 Pm, (FC) Elite Ballet</div>	<div>Unlimited Contract Rates Centennial ONLY \$350/FS ice; \$350/unlimited classes</div> <div>FIC Bellvue/FIC Antioch/Centennial \$400/FS Ice; \$400/unlimited classes</div> <div>www.nashvilleiceskate.com</div> <div>9:20-9:40 ADW (R)</div> <div>8:45-9:45 am Open FS, (A)</div> <div>9:45-10:45 (A) Learn to Skate</div> <div>9:45-11:30 (A) ASPIRE (START ING SEPT)</div> <div>10:45-11:45 am (B) Open FS</div> <div>11:45-12:45 pm (B) Open FS</div> <div>Walk-On Rates Figure Skating Classes - \$20/class (on &amp; off-ice classes) Freestyle \$15/hour; \$12/45 min; \$10/30 min *****</div> <div>Level Key Open - All Levels Low/Intermediate Basic Skills through Preliminary High - Passed Prelim FS test **Elite - Passed Juvenile FS test **Coach permission required for all high/elite classes. ***** Curry Requirements (MITF) Low - ASPIRE Levels and Below Intermediate - Pre-Pre-Prelim High - Pre-Juv-Juv Elite - Intermediate-Senior</div>
Afternoon Ice and Class Schedule					
<div>11:45-12:45 pm Open FS (A)</div> <div>12:45-1:45 PM Open FS (A)</div> <div>1:45-2:45 pm Open FS (A)</div> <div>ICE CUT</div> <div>3:00-4:00 pm Open FS (A)</div> <div>4:00-5:00 pm Open FS (A)</div> <div>4:30-5:00 pm (A) Theater on Ice (TOI)</div> <div>5:00-5:30 pm (A) Asp/Low/Int. Stroking</div> <div>5:10-5:40 pm (R) High Off-Ice Jumps</div> <div>5:45-6:15 pm (R) Low/Int Off-Ice</div>	<div>11:15-12:15 pm Open FS (A)</div> <div>12:15-1:15 pm Open FS (A)</div> <div>ICE CUT</div> <div>1:30-2:30 pm Open FS (A)</div> <div>2:30-3:30 pm Open FS (A)</div> <div>ICE CUT</div> <div>3:45-4:15 pm (A) High/Elite Stroking</div> <div>4:15-5:45 pm Open FS (A) 90 Minutes</div> <div>5:45-6:45 pm (Rink A) Learn to Skate</div>	<div>11:00-12:00 pm Open FS (B) NOT 9/3</div> <div>12:00-1:00 pm Open FS (B) NOT 9/3</div> <div>1:00-2:00 pm Open FS (B)</div> <div>2:00-3:00 pm Open FS (B)</div> <div>ICE CUT</div> <div>3:15-4:15 pm Open FS (B)</div> <div>4:15-5:15 pm Open FS (B)</div> <div>5:30-6:15 pm (R) Low/Int. Ballet</div>	<div>Sept. 3, 2025 Canceled 11:00-12:00 FS 12:00-1:00 FS</div> <div>11:15-12:15 pm Open FS (A)</div> <div>12:15-1:15 pm Open FS (A)</div> <div>ICE CUT</div> <div>1:30-2:30 Open FS (A)</div> <div>2:30-3:30 pm Open FS (A)</div> <div>ICE CUT</div> <div>3:45-4:45 pm Open FS (A)</div> <div>4:45-5:45 pm Open FS (A)</div> <div>5:45-6:45 pm (Rink A) Learn to Skate</div>	<div>AFTERNOON FS 9/11 ONLY</div> <div>12:00-1:00 PM 1:00-2:00 PM 2:00-3:00 PM ICE MAKE 3:15-4:15 PM 4:15-4:45 PM</div> <div>Elite Curry 4:15-4:45 High Curry 4:15-4:45 Rink A</div> <div>Aspire/Low Curry Intermediate Curry 4:45-5:15 pm (A)</div> <div>5:15-5:45 pm (A) Theater on Ice (TOI)</div> <div>6:00-6:45 pm (R) Aspire/Low/Int. Conditioning</div>	<div>1:00-2:00 pm Open FS (Rink A)</div> <div>2:00-3:00 pm Open FS (Rink A)</div> <div>3:00-4:00 pm Open FS (Rink A)</div> <div>4:00-5:00 pm FS (Rink A)</div>