

Nashville Skating Academy Fall/Spring Ice and Class Schedule (Centennial location)

OCTOBER 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
6:00-7:00 am Open FS (A) 6:45-7 am, DW (R) ICE CUT 7:15-8:15 am FS Rink (A) Open ICE CUT 8:30-9:30 am FS Rink (A) Open 9:30-10:00 am (A) High/Elite Spins 10:15-11:00 am (R) Elite Yoga	6:00-7:00 am Open FS (A) 6:45-7 am, DW (R) ICE CUT 7:15-8:15 am FS Rink (A) Open ICE CUT 8:30-9:30 am FS Rink (A) Open 9:30-10:00 am (A) High/Elite Edges Core 10:15-10:30 (R) 10:30-11:00 am (R) Elite Off-Ice Jumps	6:00-7:00 am Open FS (A) 6:45-7 am, DW (R) ICE CUT 7:15-8:15 am FS Rink (A) Open ICE CUT 8:30-9:30 am FS Rink (A) Open 9:30-10:00 am (A) High/Elite Power 10:15-11:00 am, (R) Elite Conditioning	6:00-7:00 am Open FS (A) 6:45-7 am, DW (R) ICE CUT 7:15-8:15 am FS Rink A Open 7:15-7:45 am, (A) Adult Curry ICE CUT 8:30-9:30 am FS Rink (A) Open 9:30-10:00 am (A) H/E Ice Dance/Tech Core 10:15-10:30 (R) 10:30-11:00 am (R) Elite Off-Ice Jumps 11:00-12:00 Pm, (R) Elite Stretch	6:00-7:00 am Open FS (A) 6:45-7 am, DW (R) ICE CUT 7:15-8:15 am FS Rink (A) Open ICE CUT 8:30-9:30 am FS Rink (A) Open 9:30-10:00 am (A) High/Elite Curry 10:15-10:55 am Active Recovery 11:00-12:00 Pm, (FC) Elite Ballet	Unlimited Contract Rates Centennial ONLY \$350/FS ice; \$350/unlimited classes FIC Bellvue/FIC Antioch/Centennial \$400/FS Ice; \$400/unlimited classes www.nashvilleiceskate.com 9:20-9:40 ADW (R) 8:45-9:45 am Open FS, (A) 9:45-10:45 (A) Learn to Skate 9:45-11:30 (A) ASPIRE (START ING SEPT) 10:45-11:45 am (B) Open FS 11:45-12:45 pm (B) Open FS
Afternoon Ice and Class Schedule					
11:45-12:45 pm Open FS (A) 12:45-1:45 PM Open FS (A) 1:45-2:45 pm Open FS (A) ICE CUT 3:00-4:00 pm Open FS (A) 4:00-5:00 pm Open FS (A) 4:30-5:00 pm (A) Theater on Ice (TOI) 5:00-5:30 pm (A) Asp/Low/Int. Stroking 5:10-5:40 pm (R) High Off-Ice Jumps 5:45-6:15 pm (R) Low/Int Off-Ice	11:15-12:15 pm Open FS (A) 12:15-1:15 pm Open FS (A) ICE CUT 1:30-2:30 pm Open FS (A) 2:30-3:30 pm Open FS (A) ICE CUT 3:45-4:15 pm (A) High/Elite Stroking 4:15-5:45 pm Open FS (A) 90 Minutes 5:45-6:45 pm (Rink A) Learn to Skate	1:15-2:15 Open FS (B) 2:15-3:15pm Open FS (B) 3:15-4:15 pm Open FS (B) 4:15-5:15 pm Open FS (B) 5:30-6:15 pm (R) Low/Int. Ballet	11:15-12:15 pm Open FS (A) 12:15-1:30 pm Open FS (A) 1:30-2:00 Open FS (A) 2:00-3:00 pm Open FS (A) ICE CUT 3:14-4:15 pm Open FS (A) 4:15-5:45 pm Open FS (A) 5:45-6:45 pm (Rink A) Learn to Skate	1:00-2:00 pm Open FS (Rink A) 2:00-3:00 pm Open FS (Rink A) 3:00-4:00 pm Open FS (Rink A) 4:00-5:00 pm FS (Rink A)	Walk-On Rates Figure Skating Classes - \$20/class (on & off-ice classes) Freestyle \$15/hour; \$12/45 min; \$10/30 min ***** 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