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		ss not included in unlimited programming; P Thursday		Friday		Saturday	
6:00-7:00 am		6:00-7:00 am		6:00-7:00 am		6:00-7:00 am		6:00-7:00 am		Unlimited Contract Rates Centennial ONLY	
Open FS (A)		Open FS (A)		Open FS (A)		Open FS (A)		Open FS (A)		\$350/FS ice; \$350/u	nlimited classes
	6:45-7 am, DW (R)		6:45-7 am, DW (R)		6:45-7 am, DW (R)		6:45-7 am, DW (R)		6:45-7 am, DW (R)	FIC Bellvue/FIC Antic	och/Centennial
ICE CUT]	ICE CUT	1	ICE CUT	1	ICE CUT		ICE CUT]	\$400/FS Ice; \$400/unlimited classes	
7:15-8:15 am FS Rink (A) Open		7:15-8:15 am FS Rink (A) Open		7:15-8:15 am FS Rink (A) Open		7:15-8:15 am FS Rink A Open	7:15-7:45 am, (A) Adult Curry	7:15-8:15 am FS Rink (A) Open		www.nashvilleiceskate.com	
ICE CUT		ICE CUT		ICE CUT		ICE CUT		ICE CUT		w w w.iiusiiviiid	sice skule.com
8:30-9:30 am FS		8:30-9:30 am FS]	8:30-9:30 am]	8:30-9:30 am FS		8:30-9:30 am FS			9:20-9:40 ADW (
Rink (A) Open		Rink (A) Open		FS Rink (A)		Rink (A) Open		Rink (A) Open		8:45-9:45 am	
				Open						Open FS, (A)	
	9:30-10:00 am (A) High/Elite Spins		9:30-10:00 am (A) High/Elite Edges		9:30-10:00 am (A) High/Elite Power		9:30-10:00 am (A) H/E Ice Dance/Tech		9:30-10:00 am (A) High/Elite Curry		
	nign/Ente Spins		nign/Ente Eages		High/Ente Fower		H/E Ite Dunte/Teth		High/Enre Corry	9:45-10:45 (A)	9:45-11:30 (A)
	10:15-11:00 am (R)		Core 10:15-10:30 (R)		10:15-11:00 am, (R)		Core 10:15-10:30 (R)		10:15-10:55 am	Learn to Skate	ASPIRE (START
	Elite Yoga		10:30-11:00 am (R)		Elite Conditioning		10:30-11:00 am (R)		Active Recovery		ING SEPT)
			Elite Off-Ice Jumps				Elite Off-Ice Jumps			10:45-11:45 am (B)	
							11:00-12:00 Pm, (R)		11:00-12:00 Pm,	Open FS	
							Elite Stretch		(FC) Elite Ballet		
				Afternoon Ice a	nd Class Schedule					11:45-12:45 pm (B)	
										Open FS	
		11:15-12:15 pm				11:15-12:15 pm					
		Open FS (A)				Open FS (A)					
11:45-12:45 pm										Walk-O	n Rates
Open FS (A)		12:15-1:15 pm			AFTERNOON FS 10/29 ONLY	12:15-1:30 pm				Figure Skating Cla	asses - \$20/class
10 45 1 45 000		Open FS (A)			.0,27 02.	Open FS (A)			1	(on & off-io	
12:45-1:45 PM Open FS (A)		ICE CUT			1:00-2:00 PM			1:00-2:00 pm		Frees	
		102 001]	1:15-2:15	2:00-3:00 PM ICE MAKE			Open FS (Rink A)		\$15/hour; \$12/45	
1:45-2:45 pm		1:30-2:30 pm		Open FS (B)	3:15-4:15 PM	1:30-2:00				*******	
Open FS (A)		Open FS (A)			4:15-4:45 PM	Open FS (A)		2:00-3:00 pm		Leve	
ICE CUT		0.20.2.20		2:15-3:15pm				Open FS (Rink A)		Open - All Levels I	
ICE COT		2:30-3:30 pm Open FS (A)		Open FS (B)		2:00-3:00 pm Open FS (A)				Basic Skills through	•
3:00-4:00 pm							Elite Curry 4:15-4:45	3:00-4:00 pm		High - Passed Prel **Elite - Passed Ju	
Open FS (A)		3:45-4:15 pm (A)	1	3:15-4:15 pm Open FS (B)		ICE CUT	High Curry 4:15-4:45	Open FS (Rink A)		**Coach permissio	
4:00-5:00 pm		High/Elite Stroking		Open ro (b)		3:14-4:15 pm Open FS (A)	Rink A	4.00 E.00 F0]	all high/elite class	
Open FS (A) :30-5:00 pm (A)			4:35-5:20 pm	4.15 5.15	4:15-4:45 pm (B) Asp/Low/Int. Spins	Open F3 (A)	Aspire/Low Curry	4:00-5:00 pm FS (Rink A)		Requirements (MI)	
heater on Ice (TOI)		4:15-5:45 pm	(Fit Ctr)	4:15-5:15 pm Open FS (B)	4:45-5:15 pm (B)	4.15.5.45	Intermediate Curry	, ,		Levels and Below	
::00-5:30 pm (A) sp/Low/Int. Stroking	5·10-5·40 nm (R)	Open FS (A) 90 Minutes	High/Elite Ballet		High/Elite Spins	4:15-5:45 pm Open FS (A)	4:45-5:15 pm (A)			Pre-Pre-Prelim Hiç	
op, zon, mr. onoking	High Off-Ice Jumps	20		5:30-6:15 pm (R)		Spon 15 (A)	5:15-5:45 pm (A)			Elite - Intermediat	
	5:45-6:15 pm (R)	5:45-6:45 pm	5:50-6:30 pm (D)	Low/Int. Ballet		5:45-6:45 pm	Theater on Ice (TOI)				
	Low/Int Off-Ice	(Rink A)	Stretch		5:30-6:30 pm (G)	(Rink A)	6:00-6:45 pm (R) Aspire/Low/Int.				
		Learn to Skate			High/Elite Cond.	Learn to Skate	Conditioning				