

# SYNERGY'S SUMMER POWER SKATING PROGRAM

DATE	DAY	RINK/LOCATION	PROGRAM	START	END	MY SCHEDULE
6/3/2024	Mon	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
6/4/2024	Tues	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
6/5/2024	Wed	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
6/6/2024	Thurs	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
6/10/2024	Mon	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
6/11/2024	Tues	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
6/12/2024	Wed	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
6/13/2024	Thurs	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
6/17/2024	Mon	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
6/18/2024	Tues	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
6/19/2024	Wed	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
6/20/2024	Thurs	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
6/24/2024	Mon	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
6/25/2024	Tues	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
6/26/2024	Wed	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
6/27/2024	Thurs	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
7/1/2024	Monday	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
7/2/2024	Tuesday	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
7/8/2024	Mon	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
7/9/2024	Tues	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
7/10/2024	Wed	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
7/11/2024	Thurs	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
7/15/2024	Mon	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
7/16/2024	Tues	St. Louis Ice Zone	Summer Power Skating Program	7:50 AM	8:35 AM	
7/17/2024	Wed	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
7/18/2024	Thurs	St. Louis Ice Zone	Summer Power Skating Program	7:50 AM	8:35 AM	
7/22/2024	Mon	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
7/23/2024	Tues	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
7/24/2024	Wed	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
7/25/2024	Thurs	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
7/29/2024	Mon	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
7/30/2024	Tues	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
7/31/2024	Wed	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
8/1/2024	Thurs	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
8/5/2024	Mon	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
8/6/2024	Tues	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
8/7/2024	Wed	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
8/8/2024	Thurs	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
8/12/2024	Mon	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
8/13/2024	Tues	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	
8/14/2024	Wed	St. Louis Ice Zone	Summer Power Skating Program	4:30 PM	5:15 PM	
8/15/2024	Thurs	St. Louis Ice Zone	Summer Power Skating Program	8:00 AM	8:45 AM	

**PROGRAM DETAILS:** For skaters of all ages and levels interested in maintaining and improving HOCKEY SKATING TECHNIQUES over the summer months. This program is powerful, fast-paced, high-intensity hockey skating instruction, only adding pucks where necessary. Players will increase speed, develop quickness & balance, and improve their technique, edge-work and power. This program is in high demand due to it's outstanding, proven, development advancement results from previous participants - HOWEVER, in previous summers, this was a required 2 lesson/week program. For the first time, SYNERGY is adjusting the program to allow YOU to choose your own schedule from the prearranged ice times - for your scheduling flexibility - it is still HIGHLY RECOMMENDED that skaters aim for 2 lessons/week for best developmental results. Participants are to purchase lessons CREDITS/PASSES - 1 Credit = 1 Lesson. Purchase options of **20 Lesson Credits** or **15 Lesson Credits**. Participants then use their purchased credits to schedule their lessons from the event within the UpperHand enrollment system. Multiple lesson days/times are available each week to choose from to create your own flexible schedule (45 min. each lesson). Maximum of 24 skaters per ice time, so it's suggested that you schedule your purchased lessons quickly upon enrollment. All lessons at the St. Louis Ice Zone.

[Purchase Credits HERE](#)     [AFTER purchasing Credits, schedule your Lessons/Credits HERE.](#)

**ADDITIONAL IMPORTANT PROGRAM DETAILS:**

- Sessions fill quickly (only 24 skaters per ice time) so schedule your lessons ASAP!
- SYNERGY reserves the right to cancel ice times with too few skaters scheduled. Should this happen, you WILL be notified via the UpperHand software with an email and a lesson credit added to your account to reschedule for another day/time.
- **You have the ability to CANCEL and RESCHEDULE your lessons up to 5 days prior to the ice time.** All lessons must be scheduled 5+ days out. UpperHand will NOT allow you to schedule (or cancel) less than 5 days in advance - this is for proper scheduling of our staff.
- No-Shows will result in a forfeited lesson and will NOT be refunded, credited or replaced with another lesson.
- Participants/guardian are responsible for their own training schedules - scheduling/cancelling/rescheduling - all thru the UpperHand software - all must be done 5 days prior to lesson.
- Participants not properly scheduled for a lesson, will NOT be allowed on the ice for that particular lesson time. NO EXCEPTIONS!
- Ensure that your email is set to receive emails from the UpperHand system to ensure delivery of any and all updates or notifications.
- **SYNERGY will assume all registered participants to have read and agreed to all the above information, terms and conditions related to how this program and the self-scheduling features work. Again, no refunds, credits, cancellations and no-shows = lesson forfeit.**
- Any and all questions should be directed to info@synergyhockeyskills.com



**USE THE SCHEDULE TO THE LEFT TO PLAN OUT YOUR SUMMER TRAINING - CHECK THE DAYS/TIMES THAT YOU PLAN TO SCHEDULE ONLINE!**