

SYNERGY'S SUMMER TOTAL SKATING PROGRAM

DAY/DATE	RINK/LOCATION	PROGRAM	START	END	MY SCHEDULE
Monday, June 2, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:10pm	4:55pm*	
Tuesday, June 3, 2025	St. Louis Ice Zone	Summer Total Skating Program	8:00am	8:45am*	
Wednesday, June 4, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:10pm	4:55pm*	
Thursday, June 5, 2025	St. Louis Ice Zone	Summer Total Skating Program	8:00am	8:45am*	
Monday, June 9, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:10pm	4:55pm*	
Tuesday, June 10, 2025	St. Louis Ice Zone	Summer Total Skating Program	8:00am	8:45am*	
Wednesday, June 11, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:10pm	4:55pm	
Thursday, June 12, 2025	St. Louis Ice Zone	Summer Total Skating Program	8:00am	8:45am*	
Monday, June 16, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:25pm	5:10pm	
Tuesday, June 17, 2025	St. Louis Ice Zone	Summer Total Skating Program	6:50am	7:35am*	
Wednesday, June 18, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:25pm	5:10pm	
Thursday, June 19, 2025	St. Louis Ice Zone	Summer Total Skating Program	6:50am	7:35am	
Monday, June 23, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:10pm	4:55pm*	
Tuesday, June 24, 2025	St. Louis Ice Zone	Summer Total Skating Program	8:00am	8:45am*	
Wednesday, June 25, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:10pm	4:55pm*	
Thursday, June 26, 2025	St. Louis Ice Zone	Summer Total Skating Program	8:00am	8:45am*	
Monday, June 30, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:30pm	5:15pm*	
Tuesday, July 1, 2025	St. Louis Ice Zone	Summer Total Skating Program	6:50am	7:35am*	
Wednesday, July 2, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:30pm	5:15pm	
Monday, July 7, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:30pm	5:15pm*	
Tuesday, July 8, 2025	St. Louis Ice Zone	Summer Total Skating Program	8:00am	8:45am*	
Wednesday, July 9, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:30pm	5:15pm*	
Thursday, July 10, 2025	St. Louis Ice Zone	Summer Total Skating Program	8:00am	8:45am*	
Monday, July 14, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:30pm	5:15pm*	
Tuesday, July 15, 2025	St. Louis Ice Zone	Summer Total Skating Program	7:50am	8:35am*	
Wednesday, July 16, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:30pm	5:15pm*	
Thursday, July 17, 2025	St. Louis Ice Zone	Summer Total Skating Program	7:50am	8:35am*	
Monday, July 21, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:30pm	5:15pm*	
Tuesday, July 22, 2025	St. Louis Ice Zone	Summer Total Skating Program	8:00am	8:45am*	
Wednesday, July 23, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:30pm	5:15pm*	
Thursday, July 24, 2025	St. Louis Ice Zone	Summer Total Skating Program	8:00am	8:45am*	
Monday, July 28, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:30pm	5:15pm*	
Tuesday, July 29, 2025	St. Louis Ice Zone	Summer Total Skating Program	6:50am	7:35am*	
Wednesday, July 30, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:30pm	5:15pm*	
Thursday, July 31, 2025	St. Louis Ice Zone	Summer Total Skating Program	6:50am	7:35am*	
Monday, August 4, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:10pm	4:55pm*	
Tuesday, August 5, 2025	St. Louis Ice Zone	Summer Total Skating Program	8:00am	8:45am*	
Wednesday, August 6, 2025	St. Louis Ice Zone	Summer Total Skating Program	3:20pm	4:05pm*	
Thursday, August 7, 2025	St. Louis Ice Zone	Summer Total Skating Program	8:00am	8:45am*	
Monday, August 11, 2025	St. Louis Ice Zone	Summer Total Skating Program	4:10pm	4:55pm*	
Tuesday, August 12, 2025	St. Louis Ice Zone	Summer Total Skating Program	6:50am	7:35am*	
Wednesday, August 13, 2025	St. Louis Ice Zone	Summer Total Skating Program	3:20pm	4:05pm*	

PROGRAM DETAILS: For skaters of all ages and levels interested in maintaining and improving HOCKEY SKATING TECHNIQUES over the summer months. We help players skate as naturally as they walk. 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. It is **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 derek@synergyhockeyskills.com



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