

Skating Academy 2010

Competitive Training for those in FS3 & Up

Sample Daily Schedule

Time	Activity	Location
7:45-8:45am	Freestyle Practice	B
9:00-10:00am	Off-Ice Class B,P, Y, BF,J	RP
10:15-10:45am	On-Ice Class MIF	G
10:45-11:45am	Freestyle Practice	B
11:45-12:45pm	Lunch Bring your own or Buy here	MPR or outside
12:45-1:45pm	Freestyle Practice	B
1:45-2:15pm	On-Ice Class S, J, ID	G
2:30-3:00pm	Classroom skating related DVD's/lectures	MPR
3:15-4:15pm	Freestyle Practice	B
4:30-5:15pm	Off-Ice Class (M,T,Th) S&C, PLY	RP
4:30-5:00pm	On-Ice Class (W) PW	G

Pick up at 5:15-5:30pm

KEY

Classes

B=Ballet
P=Pilates
Y=Yoga
BF=Body Flow
J=Jump
MIF= Moves in the Field
S=Spin
ID=Ice Dance
S&C=Strength & Conditioning
PLY=Plyometrics
PW=Power

Location

B= Blue = First Banking Center Ice
G= Green =Palmen Ice Arena
MPR= Multi Purpose Room (Party Room A or B)
RP= RecPlex