

## BC Coast Region

Welcome back to Skating Seminar - September 16th, Killarney Arena

### GROUP 1

	<b>Class</b>	<b>Location</b>	<b>Coaches</b>
9:45- 10:45	Edges & Turns	On ice	Julie, Caroline
ICE CLEAN			
11 - 11:45	Musicality & Performance	On ice	Julie, Caroline
11:45 - 12:30	Warm-up & Injury Prevention & Off-ice jumps	Dressing room or open area	Anastasia
ICE CLEAN			
12:30 - 13:00	lunch break		
13:00 - 13:45	On-ice Jumps	On ice	Anastasia
14:00 - 14:45	Goal Setting Session	Killarney Lutheran Church*	Christine
15:00 - 15:45	Spins	On-ice	Lani-Jo

### GROUP 2

	<b>Class</b>	<b>Location</b>	<b>Coaches</b>
9:45- 10:45	Edges & Turns	On ice	Julie, Caroline
ICE CLEAN			
11 - 11:45	Warm-up & Injury Prevention & Off-ice jumps	Dressing room	Anastasia
11:45 - 12:30	Musicality & Performance	On ice	Caroline, Julie
ICE CLEAN			
12:30 - 13:00	lunch break		
13:00 - 13:45	On-ice Jumps	On ice	Anastasia
ICE CLEAN			
14:00 - 14:45	Spins	On-ice	Lani-Jo
15:00 - 15:45	Goal Setting	Killarney Lutheran Church*	Christine

\* Killarney Lutheran Church is located across the street at 3022 E 49th Ave