



Back on your Blades Club Seminar - Tuesday, September 4, Elksentre Arena

Jr Academy & Star 1/2 Schedule:			Star 3+ Schedule:		
<i>Time Starts</i>	<i>Time Ends</i>	<i>Description</i>	<i>Time Starts</i>	<i>Time Ends</i>	<i>Description</i>
8:15	8:45	Dryland Dynamic Warm Up	9:00	9:40	Off Ice Jump Tech & Power
9:00	9:45	On Ice Edges & Turns	9:45	11:00	On Ice Spins & Jumps
9:45	10:00	Break	11:00	11:15	Break
10:00	10:40	Off Ice Jump Tech & Power	11:15	11:50	Off Ice Mobility
10:40	11:00	Break	11:50	12:00	Break
11:00	11:45	On Ice Spins & Jumps	12:00	1:00	On Ice Transitions & Movement
11:50	12:15	Off Ice Flexibility	1:05	1:30	Off Ice Flexibility

Included in September Registration

\$25 if not participating in September Skating

Required for dryland:

Athletic/Running Shoes

Yoga Mat

Water

****Dryland Sessions will be held outside.**