

## **THURSDAY**

8:30-9:00 Welcome and Registration

9:00-9:50 Draw Class---Jumps and Spins  
All Skaters and Coaches

	<b><i>Gardens Rink</i></b> <b><i>(Jumps)</i></b>	<b><i>Olympia Rink</i></b> <b><i>(Edges/Stroking)</i></b>	<b><i>RT Room</i></b> <b><i>(Ballet)</i></b>
10:00-10:40	Group A	Group B	Group C
10:50-11:30	Group B	Group C	Group A
11:40-12:20	Group C	Group A	Group B

***12:30-1:20 Lunch Break---All Skaters, Coaches, Parents***  
***Activities Room***

	<b><i>Gardens Rink</i></b> <b><i>(Spins)</i></b>	<b><i>Activities Room</i></b> <b><i>(Expression Class)</i></b>	<b><i>RT Room</i></b> <b><i>(Home Excercises)</i></b>
1:30-2:10	Group B	Group C	Group A
2:20-3:00	Group C	Group A	Group B
3:10-3:50	Group A	Group B	Group C

4:00-4:45 Off-ice Jump Class---All Skaters and Coaches  
Activities Room

4:50-5:30 Q and A with Kathy Casey---All Skaters and Coaches  
Activities Room

5:45-7:30 Wine and Cheese Reception (Coaches and Parents Only)  
Activities Room



***Friday***

***Parents Seminar***

11:00-11:50 Q and A with National Judge  
12:00-12:50 Why Ballet?

*(These two presentations are in the Senior Center  
Conference Room)*

***12:50-1:30***

***Lunch***  
***(Activities Room)***

1:40-2:20 Motivational Speech with Kathy Casey  
2:30-3:10 Q and A with Kathy Casey  
3:20-4:00 Why Resistance Training and Proper Nutrition?

*(These three presentations are in the Activities Room)*