

Aspire Schedule

Time	Topic	Instructor	Location
Friday, June 20			
1:00 - 2:00pm	Off Ice Flowcode Mental Training & Welcome	Dr. Rick Sessinghaus	Online
2:00 - 2:30pm	Check-In		KCI Lobby
2:45 - 3:45pm	On Ice Evaluation/Small Groups	Chad, Heather, Natalie, Kellie	Rink 3
4:00 - 4:45pm	Off Ice Pilates	Stephanie	Multipurpose Room
5:15 - 6:15pm	On Ice Jumps	Chad, Brock, Heather, Kellie	
Saturday, June 21			
8:15 - 9:00am	Off Ice Dynamic Warm Up	Kellie, Heather	Vestibule
9:15 - 10:15am	On Ice Edges & Stroking	Ikaika, Sofia	Rink3
10:30 - 11:30am	On Ice Jumps	Scott, Darin, Chad	Rink 1
1:00 - 2:00pm	Off Ice Flowcode Mental Training	Dr. Rick Sessinghaus	Online
2:15 - 3:05pm	Off Ice Dance	Matreya	Multipurpose Room
3:30 - 4:30pm	On Ice Jumps & Spins	Natalie, Chad	Rink 3
4:45 - 5:45pm	On Ice Team Building	Heather, Natalie, Bella	Rink 1
Sunday, June 22			
10:30am - 11:00am	Off Ice Intro to IJS & Nutrition	Candice	Anchor Room
11:15 - 12:15pm	On Ice Creative & Power	Kalina, Ellen	Rink 1
12:30 - 2:00pm	On Ice Jumps & Spins	Scott, Chad, Kellie	Rink 1
2:15 - 3:30pm	On Ice All Skater Group Photo & Fun Skate		Rink 1