

Adult Schedule

Time	Topic	Instructor	Location
Friday, June 20			
1:00 - 2:00pm	Off Ice Flowcode Mental Training & Welcome	Dr. Rick Sessinghaus	Online
4:30 - 5:00pm	Check-In		KCI Lobby
5:15 - 6:00pm	Off Ice Dynamic Warm Up	Natalie	Vestibule
6:30 - 7:30pm	On Ice Edges & Stroking	Ikaika	Rink 3
7:30 - 8:30pm	On Ice Jumps & Skating Skills	Scott, Darin, Natalie, Kellie	Rink 1
Saturday, June 21			
8:30 - 9:15am	Off Ice Pilates	Stephanie	Multipurpose Room
9:30 - 10:30am	On Ice Spins, Skating Skills, Jumps	Scott, Julie, Natalie	Rink 2
11:45 - 12:45pm	On Ice Edges & Stroking	Ikaika	Rink 1
1:00 - 2:00pm	Off Ice Flowcode Mental Training	Dr. Rick Sessinghaus	Online
2:15 - 3:15pm	On Ice Spins, Skating Skills, Jumps	Heather, Bella	Rink 3
Sunday, June 22			
8:00 - 9:00am	On Ice Creative & Power	Kalina, Ellen	Rink 2
9:30 - 10:20am	Off Ice Dance	Matreya	Multipurpose Room
11:45 - 12:45pm	On Ice Spins, Skating Skills, Jumps	Ikaika	Rink 3
2:00 - 2:30	Off Ice Nutrition	Candice	Anchor Room
2:15 - 3:30 (2:40) Photo	On Ice All Skater Group Photo & Fun Skate		Rink 1