

EDGE ELITE WARM UP TO SUMMER WEEK

JUNE 29 - JULY 2

★ **FOR STAR 4+ SKATERS** ★



REVIEW BASICS.

Strengthen fundamentals and refine your skills.



LEARN NEW TRAINING EXERCISES.

Expand your toolbox and build confidence.



SKATE WITH INTENTION.

Build habits, set goals and elevate your skating.



Skaters will be grouped by appropriate level after registration is completed.

A GROUP = LOW GROUP
B GROUP = HIGH GROUP

DAILY SCHEDULE

MONDAY • JUNE 30

Buy in session Star 4+ | 1:00 – 3:00 PM

TUESDAY • JULY 1

Buy in session Star 4+ | 1:00 – 3:00 PM

WEDNESDAY • JULY 2

NO SKATING

THURSDAY • JULY 3 – ICE 8:00 AM – 3:30 PM

8:00 – 8:45 AM	Group A	Edge / Turn Class
8:45 – 9:30 AM	Group B	Edge / Turn Class
9:30 – 9:45 AM		FLOOD
9:45 – 10:45 AM	Group A	Free
10:45 – 11:00 AM		FLOOD
11:00 – 12:00 PM	Group B	Free
12:00 – 12:15 PM		FLOOD
12:15 – 12:30 PM	Group A and B	Turns
12:30 – 12:45 PM	Group A and B	Spins
12:45 – 1:30 PM	Group A	Free
1:30 – 1:40 PM		FLOOD
1:40 – 2:25 PM	Group B	Free
2:25 – 3:20 PM	Group A and B	Conditioning Stroking
3:30 – 4:00 PM	OFF ICE	Cool Down / Stretch

FRIDAY • JULY 4 – ICE 9:00 AM – 2:30 PM

9:00 – 10:00 AM	Group A	Free
10:00 – 10:15 AM		FLOOD
10:15 – 11:00 AM	Group B	Free
11:00 – 11:30 AM	Group A and B	Movement Class
11:30 – 11:45 AM		FLOOD
11:45 – 12:30 PM	Group B	Edge / Turn Class
12:30 – 1:15 PM	Group A	Edge / Turn Class
1:15 – 1:30 PM		FLOOD
1:30 – 2:20 PM	Group A and B	Conditioning Stroking
2:30 – 3:00 PM	OFF ICE	Cool Down / Stretch

➤ **FOCUS. GROW. SHINE.** ➤



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MONDAY TO THURSDAY SCHEDULE



ON-ICE SCHEDULE

	TIME	SESSION	GROUPS
	8:00 - 8:25	Edge Turn / Stroking	GOLD / EXCEL
	8:25 - 8:45	Edge Turn / Stroking	SILVER
	8:45 - 9:00	Edge Turn / Stroking	BRONZE
	9:00 - 9:45	Free Skate	BRONZE / SILVER A
	9:45 - 10:00	Dance	STAR 1-5
	10:00 - 10:10	Flood	—
	10:10 - 11:00	Free Skate	GOLD / EXCEL
	11:00 - 11:15	Spins / Skills	GOLD / EXCEL
	11:15 - 11:30	Dance	STAR 6+
	11:30 - 11:40	Flood	—
	11:40 - 11:55	Skills	JR A / BRONZE / SILVER
	11:55 - 12:05	Spins	JR A / BRONZE / SILVER A
	12:05 - 12:40	Free Skate	BRONZE / SILVER
	12:40 - 1:00	Coach Tech	SILVER / GOLD / EXCEL
	1:00 - 1:15	Flood	—
	1:15 - 2:00	Free Skate	SILVER / GOLD
	2:00 - 2:10	Flood	—
	2:10 - 3:20	Free Skate	EXCEL / Pairs / Dance



OFF-ICE SCHEDULE

	TIME	SESSION	GROUPS
	8:00 - 8:30	Warm Up / Jump	JR Academy / Bronze
	8:45 - 9:45	Off-Ice Training	Gold / Excel
	10:15 - 11:00	Off-Ice Training	Silver
	10:15 - 11:00	Off-Ice Training	Bronze
	1:30 - 2:00	Jump Training	Excel
	2:30 - 3:00	Off-Ice Jump	Silver / Gold
	3:30 - 3:30	Cool Down / Stretch	Silver / Gold
	3:30 - 4:00	Cool Down / Stretch	Excel
	3:30 - 4:00	Lifts	Pairs / Dance

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FRIDAY SCHEDULE



ON ICE SCHEDULE

8:00 – 9:00 AM	Ticket Ice
9:00 – 10:00 AM	Bronze / Jr Academy
10:00 – 10:10 AM	Flood
10:10 – 11:10 AM	Silver
11:10 – 11:20 AM	Flood
11:20 AM – 12:20 PM	Gold / Excel
12:20 – 12:40 PM	Silver / Gold / Excel Coach Tech
12:40 – 12:50 PM	Flood
12:50 – 1:40 PM	Gold / Excel Seminar
1:40 – 2:20 PM	Silver Seminar



OFF ICE SCHEDULE



BRONZE / JR ACADEMY

8:00 – 8:45 AM	Warm Up
10:15 – 11:00 AM	Seminar
11:15 AM – 12:00 PM	Game / Craft



SILVER

8:00 – 8:45 AM	Warm Up / Jump
9:00 – 9:30 AM	Game / Craft
11:15 AM – 12:00 PM	Seminar
2:30 – 3:00 PM	Cool Down / Stretch



GOLD / EXCEL

9:00 – 10:00 AM	Seminar
10:15 – 10:45 AM	Game / Craft
2:00 – 2:30 PM	Off Ice Jumps
2:30 – 3:00 PM	Cool Down / Stretch



FRIDAY July 31st – RBC

- Club Comp / Performance Day
- Schedule to be determined

★ PERFORMANCE DAY! 🚀

Performance Day details and information will be shared with skaters registered in the week. Performance opportunities for all skaters on and off the ice. All skaters registered for the day will be included as we celebrate every skater!