

# EDGE ELITE WARM UP TO SUMMER WEEK

**JUNE 29 - JULY 2**

★ FOR STAR 4+ SKATERS ★

## DAILY SCHEDULE



### 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**

### 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.** ◀