

# MASTER CLASS SCHEDULE

ON ICE CLASS	OFF ICE CLASS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7:40am - 8:10am	Mezzanine	Dynamic Stretch	Dynamic Stretch	Dynamic Stretch	Dynamic Stretch	
8:00am-8:40am		1980 RINK	Skating Skills Session	Skating Skills Session	Skating Skills Session	Open Freestyle	Open Freestyle
8:05am-8:40am		USA RINK	School Figures/Patch	School Figures/Patch	School Figures/Patch	School Figures/Patch	School Figures/Patch
8:40am-9:05am		USA RINK	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement
9:05am-9:30am		USA RINK	The Key to Edge Jumps	Basic Partnering	Twizzles	Understanding Check & Check Transitions	
11:00am-11:50am		1980 RINK	Open Freestyle	Open Freestyle	Open Freestyle	Skating Skills Session	Skating Skills Session
11:30am-11:55am		USA RINK	Forward Outside 3's	All Things SPIRALS!	Forward Inside 3's	Counters	
11:55am-12:20pm		USA RINK	Forward Outside Mohawk	Swing Rolls & Cross Rolls	Forward Inside Mohawk	Rockers	
	12:00pm - 12:45pm	Mezzanine		Thera-Band Strength	Thera-Band Strength	Ballet/Dance	Thera-Band Strength
12:20pm-12:45pm		USA RINK	Preparing for the Axel: Step 1	Spread Eagles & Ina Bauers	Preparing for the Axel: Step 2	Dead Dances	
1:00pm-1:25pm		USA RINK	SOS – Foundations of Alignment	Brackets	SOS- Principles for Smoother Turns	Mastering Toe Jumps	1:30pm-1:55pm Line Dance on Ice!
1:25pm-1:50pm		USA RINK		Loop, Flip & Lutz Jumps		Spirals, Lunges & Knee-slides	1:55pm-2:20pm Backward Outside & Inside 3's
1:50pm-2:15pm		USA RINK	Spin Entries & Exits	Flying Spins	Two-Foot, Scratch & Back Scratch Spins	Footwork and other SHOWSTOPPERS!	2:20pm-2:45pm SOS Applying the Principles to Spins
3:00pm-3:50pm		1980 RINK	Ice Dance Session	Ice Dance Session	Ice Dance Session	Ice Dance Session	Ice Dance Session
3:15pm-3:45pm		USA RINK	Group Rehearsal	Group Rehearsal	Group Rehearsal	Group Rehearsal	3:00pm-3:25pm SOS Applying the Principles to Spins
		USA RINK					3:25pm-3:50pm Preparing for the Axel: Step 3
		USA RINK					3:50pm-4:15pm Choreography, Interpretation & Presentation
		USA RINK					4:30pm-5:20pm Group Rehearsal
	4:00pm - 4:30pm	Mezzanine	Yoga for Skating Recovery	Off-Ice Jumps	Yoga for Skating Recovery	Off-Ice Jumps	