***Click here to insert local Seminar details including date, location and Clinician Name.***

8:45 am Registration Begins

9:00 am Skates On (both groups)

9:15 am On Ice (both groups)

Group A

10:00 am On Ice

10:45 am Skates Off

11:00 am Off-Ice

Group B

10:00 am Skates off

10:05 am Off-Ice

10:50 am Skates on

11:00 am On Ice

12:00 pm Lunch (both groups)

12:30 pm Off-Ice Warm Up (both groups)

Group A

12:45 pm Skates on

1:00 pm On Ice

2:00 pm Skates off

2:15 pm Off-Ice

3:00 pm Snack & Skates on

Group B

12:45 pm Off-Ice

1:45 pm Skates on

2:00 pm On Ice

3:00 pm Snack (skates stay on)

3:15 pm On Ice (both groups)

4:05 pm Group Picture

4:15 pm Good Bye!