

Group 6 - Saturday, April 11

Time	Location	Class Type	Instructor
8:45 - 9:20 am	Lobby	Registration	
9:30 - 10:30 am	Room 202	Stretch & Movement	Danielle Morris
10 min			
10:40 - 11:40 am	Multipurpose Room	Sport Psychology	Dr. Judy Goss
10 min			
11:50 am - 12:50 pm	CFSC	On Ice Choreography & Spins	Jeffrey Buttle
12:50 - 2:00 pm	Lunch		
2:00 - 3:00 pm	Optimist Rink	On Ice Jump Techniques	Keegan Murphy
10 min			
3:10 - 3:40 pm	TRR (5A) / Studio (5B)	Off Ice Jump Techniques	TBD/Sylvie DeCaen
3:40 - 4:10 pm	TRR (5B) / Studio (5A)		TBD/Sylvie DeCaen
10 min			
4:20 - 5:20 pm	Multipurpose Room	Nutrition	Blueprint Nutrition
End of Seminar	Thank you for joining us!		

End of Seminar

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