



Skate Canada presents:

Connecting for the Future – Adult Workshop Day

UPDATE

Date: Friday, March 18th

Time: 8:30am – 7:30pm (includes lunch and dinner)

Location: Bob MacQuarrie Recreation Complex, 1490 Youville Dr, Orléans, ON K1C 2X8

Cost: \$TBD

Time	Location	Workshop
8:30	Lobby	Registration & Information
9:00	On Ice	Warm-up & Edges/Turns/Power
9:45	Break	
10:00	On Ice	Dream Team – give it a try! A time to try all the disciplines that figure skating has to offer!
11:00	Break	
11:15	On Ice	Presentation and Creativity
12:15	Skates off	
12:30	Classroom	LUNCH & Panel Discussion
13:20	Break	
13:30	Classroom	Nutrition/Sleep/Hydration
14:30	Break	
14:45	Classroom	Fitness Development/Yoga
15:45	Break	
16:00	Classroom	Maximizing your PC's
17:00	Break – travel to dinner location	
17:30	Dinner & Discussion (to be held at local restaurant)	The Future of Adult Skating