

Saturday

Snel - Ariana

Viteza - Keith

Rapido - Sandi

Vitesse - Tyler

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	Meet at the rink	6:30 - 7:30		
	Walk over	Dryland David Stride		
	7:30 - 9:00	Mats On, Skates On		
	Dryland David Stride			
		8:00 - 9:15		
		ICE	Meet at the rink	Meet at the rink
		Jess	Walk over	Walk over
	Walk back/skates on			
	FLOOD	Skates off	9:00 - 10:00	9:00 - 10:00
			Dryland David Stride	Dryland David Stride
	9:30 - 11:00	Travel 9:30 - 10:00	Walk back	Walk back
	ICE		Hoops and Games	Hoops and Games
		Adventure 10:00 - 12:00	Julia/Jess	Julia/Jess
			Snack and Skates on	Snack and Skates on
	Lunch en route or there	Have your lunch at the lake	FLOOD	
	Travel 11:15 - 11:45			
	Adventure 12 - 2:00	Travel 1:00 - 1:30	11:15 - 12:15	11:15 - 12:15
			ICE	Inline
	Travel 2:00 - 2:30			Jess
			12:15 - 1:15	
			Changed, Classroom, lunch	Get Changed and Eat
			1:15 - 2:15	1:00 - 2:15
		Dryland Warm Up	Dryland	ICE
		changed		
			Get Changed etc	Get Changed etc
	2:30 - 3:15	2:15 - 3:15		
	Classroom	Inline		
			3:00 - 4:00	3:00 - 4:00
	Dryland Warm Up	changed	ICE	Dryland
		Dryland Warm Down	Jess	
	Skates on	3:30 - 4:00		
			Skates off	
			Dryland Warm Down	
	4:00 - 5:00		4:15 - 4:30	
	ICE			
	Jess			
	Skates off			
	Dryland Warm Down	Group Dinner if desired...need to make a reservation...		
	5:15 - 6:00			

