

2016 NL Skating Academy – Intermediate Information Sheet

Options (Weeks 1-2)

Intermediate Option A

Sample Daily schedule

Freeskate #1
Freeskate #2
Skills/Dance
Stroking
2 off ice classes

Options (Weeks 3-6)

Intermediate Option A

Sample Daily schedule

Freeskate #1
Freeskate #2
Skills/Dance
Stroking
2 Off-Ice classes

Intermediate Option B

Sample Daily Schedule

Freeskate #2
Freeskate #3
Skills/Dance
Stroking
2 Off-Ice classes

Intermediate Option C

Sample Daily Schedule

Freeskate #1
Freeskate #3
Skills/Dance
Stroking
2 Off-Ice classes

*See main page for a full detailed schedule

Costs

Intermediate Option A - \$205 per week

Intermediate Option B - \$205 per week

Intermediate Option C - \$205 per week

***Discounts are applied per week as more weeks are added**

Please direct all inquiries to Lori Brett, skating@sportnl.ca or 709-576-0509.