

2016 NL Skating Academy – Senior Information Sheet

Options (Weeks 1-6)

Senior Option A

Sample Daily schedule

Freeskate #1

Freeskate #2

Freeskate #3

Spins/Footwork

Stroking

2 Off-Ice classes

Senior Option B

Sample Daily Schedule

Freeskate #1

Freeskate #2

Spins/Footwork

Stroking

2 Off-Ice classes

Senior Option C

Sample Daily Schedule

Freeskate #2

Freeskate #3

Spins/Footwork

Stroking

2 Off-Ice classes

Senior D

Sample Daily Schedule

Freeskate #1

Freeskate #3

Spins/Footwork

Stroking

2 Off-Ice classes

*See main page for a full detailed schedule

Costs

Senior Option A - \$245 per week

Senior Option B - \$205 per week

Senior Option C - \$205 per week

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

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