

British Ice Skating Adult Development Camp

19th March 2025 Slough Ice Arena

DRAFT COPY

WEDNESDAY	SESSION	LOCATION
08:15-08:45	Meet & Greet, Check-in & Waivers	Reception
09:00-10:00	Warm up & Edges (everyone)	On Ice
10:00-11:00	Basics, Transitions & Jump Technique (group A)	On Ice
10:05-11:00	Proprioception & Agility (group B)	Off Ice
11:05-12:00	Proprioception & Agility (group A)	Off Ice
11:05-12:00	Basics, Transitions & Jump Technique (group B)	On Ice
12:00-13:00	LUNCH	
13:00-14:00	Jump Technique & Pattern Dance Information (group A)	On Ice
13:00-14:00	Conditioning (group B)	Off Ice
14:05-15:00	Conditioning (group A)	Off Ice
14:05-15:00	Jump Technique & Pattern Dance Information (group B)	On Ice
15:00-15:15	Ice Resurface	
15:15-16:00	Open Supervised Session (everyone)	On Ice

Times & Sessions may be subject to change



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THURSDAY	SESSION	LOCATION
08:30-08:45	Check-in	Reception
09:00-10:00	Warm up & Edges (everyone)	On Ice
10:00-11:00	Skills Info (group B)	On Ice
10:00-11:00	Proprioception & Flexibility (group A)	Off Ice
11:05-12:00	Proprioception & Flexibility (group B)	Off Ice
11:05-12:00	Skills Info (group A)	On Ice
12:00-13:00	LUNCH	
13:00-14:00	Program elements, free dance elements & spins (group B)	On Ice
13:00-14:00	Plyometrics (group A)	Off Ice
14:05-15:00	Plyometrics (group B)	Off Ice
14:05-15:00	Program elements, free dance elements & spins (group A)	On Ice
15:00-15:15	Ice Resurface	
15:15-16:00	Open Supervised Session (everyone)	On Ice

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