## **CCSC Dance & Creative Movement Seminar Schedule**

**Group A: Adults** Saturday, April 27 **Group B: Components & CM** Time Item Group Location Duration 5:45am On Ice Private Lessons - Freestyle NA Rink 2.5 hours 8:30am Off Ice Private Lessons NA Dance room 80 min NA 1 hour 10am On Ice Private Lessons - Freestyle Rink 11am Break 3hr 30 min Off Ice Private Lessons 60 min 2pm NA Dance Room Check in 2:30pm Both Dance room 30 min Off Ice Warmup Both 3pm Dance room 30 min 3:30pm Clinic: Edge Class Both Rink 30 min 4pm Break 15 min 4:15pm Clinic: Dance and Movement A/B A: Rink B: Dance Room 90 min 15 min 5:45 Break 6:00 Clinic: Dance and Movement A/B A: Dance Room B: Rink 90 min 7:30pm End of Day

| Sunday, April 28 | Group C: Developmental | Group D: Advanced |
|------------------|------------------------|-------------------|
| Sunday, April 28 | Group C: Developmental | Group D: Advanced |

| Time    | Item                       | Group | Location              | Duration |
|---------|----------------------------|-------|-----------------------|----------|
| 7:15am  | Off-Ice Private Lessons    | NA    | Dance room            | 1 hour   |
| 7:45am  | Check in                   | Both  | Dance room            | 30 min   |
| 8:15am  | Off Ice Warmup             | Both  | Dance room            | 30 min   |
| 8:45am  | Clinic: Edge Class         | Both  | Rink                  | 30 min   |
| 9:15am  | Break                      |       |                       | 15 min   |
| 9:30    | Clinic: Dance and Movement | C/D   | C: Rink D: Dance Room | 90 min   |
| 11am    | Break                      |       |                       | 15 min   |
| 11:15am | Clinic: Dance and Movement | C/D   | C: Dance Room D: Rink | 90 min   |
| 12:45pm | Pizza Party & Keynote      |       |                       |          |
| 1:45pm  | End of Day                 |       |                       |          |

All participants should bring skates, sneakers, snacks and water bottles.

## If you signed up for Private Lessons:

Private Lesson Registrants will receive a reminder message from SignupGenius. Please verify the schedule beforehand and arrive early with the appropriate footwear. Link: https://www.signupgenius.com/go/60b0b4ba8ac2ca2f85-2019

**HOST CLUB:** Central Carolina Skating Club

**RINK:** Orange County Sportsplex 101 Meadowlands Drive, Hillsborough, NC 27278 919-644-0339 **CONTACT:** Lisa Chisholm climbsk8r@gmail.com or Kimm Horvath sweetguppie@yahoo.com

As of: 4/24/2019