



KELLY SHEFFIELD CAMP 2019

TIMETABLE

TIME	GROUP A	GROUP B
09.00 – 09.15	REGISTRATION AT RINK	REGISTRATION AT RINK
09.15 – 10.15	Performance and Choreography with Kelly in church hall	Good Habits of a Figure Skater with Suzanne in the Boardroom
10.30 – 11.30	Good Habits of a Figure Skater With Suzanne in the Boardroom	Performance and Choreography with Kelly in church hall
11.30 – 12.15	LUNCH	
12.15 – 013.00	Flexibility and Conditioning with Kelly in the hurch hall	Judge's Lecture with Lorraine in the Boardroom
013.15 – 14.00	Judge's Lecture with Lorraine in the Boardroom	Flexibility and Conditioning with Kelly in the church hall
14.10 – 14.45	On ice Choreography With Kelly	Snack
14.45 – 15.10	Snack	On ice Choreography With Kelly
15.10 – 15.15	On ice Photograph with Kelly	

***** Flexibility and Conditioning Class – please take your skates and your guards to this class.**

