



A/B KICKSTART SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THEME	CRAZY HAIR DAY	MISMATCH DAY	PYJAMA DAY	BEACH DAY	PERFORMANCE ATTIRE DAY
9:00-10:00 am	A/B ON ICE (a/c)	A/B ON ICE	A/B ON ICE	A/B ON ICE	A/B ON ICE
	Effective Warm Up Edges Carriage/Line	Effective Warm Up Jump Setups Spin Setups	Effective Warm Up Shapes Jump Technique	Effective Warm Up Jump Patterns Combinations	Effective Warm Up Basic Spins Spins w/Features
10:00-10:30 am	GROUP	GROUP	GROUP	GROUP	GROUP
	Performance/ Team Building	Performance/ Team Building	Performance/ Team Building	Performance/ Team Building	Performance (parents are invited to watch)
10:45-11:30 am	OFF ICE	OFF ICE	OFF ICE	OFF ICE	OFF ICE
	Effective Warm Up Creative Movement	Effective Warm Up Creative Movement	Effective Warm Up Creative Movement	Effective Warm Up Creative Movement	Effective Warm Up Creative Movement

*SCHEDULE SUBJECT TO CHANGE



C/D KICKSTART SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THEME	CRAZY HAIR DAY	MISMATCH DAY	PYJAMA DAY	BEACH DAY	PERFORMANCE ATTIRE DAY
9:00-9:45 AM	C/D OFF ICE	C/D OFF ICE	C/D OFF ICE	C/D OFF ICE	C/D OFF ICE
	Effective Warm Up Creative Movement	Effective Warm Up Creative Movement	Effective Warm Up Creative Movement	Effective Warm Up Creative Movement	Effective Warm Up Creative Movement
10:00-10:30 AM	GROUP	GROUP	GROUP	GROUP	GROUP
	Performance/Team Building	Performance/Team Building	Performance/Team Building	Performance/Team Building	Performance (parents are invited to watch)
10:45-11:30 AM	C/D ON ICE	C/D ON ICE	C/D ON ICE	C/D ON ICE	C/D ON ICE
	Effective Warm Up Edges Carriage/Line	Effective Warm Up Jump Setups Spin Setups	Effective Warm Up Shapes Jump Technique	Effective Warm Up Jump Patterns Combinations	Effective Warm Up Basic Spins Field Movements



IFS/JR. ACADEMY KICKSTART SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
THEME	CRAZY HAIR DAY	MISMATCH DAY	PYJAMA DAY	BEACH DAY	PERFORMANCE ATTIRE DAY
9:00-9:45 am	IFS/J.A. OFF ICE	IFS/J.A. OFF ICE	IFS/J.A. OFF ICE	IFS/J.A. OFF ICE	IFS/J.A. OFF ICE
	Effective Warm Up Creative Movement	Effective Warm Up Creative Movement	Effective Warm Up Creative Movement	Effective Warm Up Creative Movement	Effective Warm Up Creative Movement
10:00-10:30 am	GROUP	GROUP	GROUP	GROUP	GROUP
	Performance/Team Building	Performance/Team Building	Performance/Team Building	Performance/Team Building	Performance (parents are invited to watch)
10:45-11:30 am					
	Effective Warm Up Edges Carriage/Line	Effective Warm Up Turns and Crossovers Creative Movement	Effective Warm Up Hops and Stops Shapes	Effective Warm Up Jump Technique Music and Props	Effective Warm Up Basic Spins Field Movements