

La Ronge Seminar Schedule

April 11th and 12th, 2025

Friday, April 11th		
	On-Ice	Off-Ice
4:15pm to 5:00pm		Jump and Spin Both Groups Facilitator Laura Hrdlicka in the Cross Fit Gym
5:15pm to 6:00pm	Edge/Turn/Stroking Group 1 Facilitator Neil Tymorouski	Off-Ice Trainer Group 2 Facilitator Laura Hrdlicka in the Cross Fit Gym
6:15pm to 7:00pm	Edge/Turn/Stroking Group 2 Facilitator Neil Tymorouski	Off-Ice Trainer Group 1 Facilitator Laura Hrdlicka in the Cross Fit Gym
7:15pm to 7:30pm	Flood/Break Light lunch/nutrition break	
7:30pm to 8:15pm	Jumps/Spins/ Both Groups	
End of Day		
Saturday, April 12th		
	On-Ice	Off-Ice
	Group 1	Group 2
8:00am to 9:00am	Off-ice Warm-Up - Facilitator Laura Hrdlicka	
9:15am to 10:00am	Edge/Turn/Stroking Group 1	Off-ice Jump/Spin - Group 2 with Paiton Tegstrom and Madison Vandale
10:15am to 11:00am	Edge/Turn/Stroking Group 2	Off-ice Jump/Spin - Group 1 with Paiton Tegstrom and Madison Vandale
10:00am to 10:15am	Flood/Break	
11:15am to 12:00pm	Jumps/Spins Group 1	Movement Class - Group 2 with Paiton Tegstrom and Madison Vandale
12:15pm to 1:00pm	Jumps/Spins Group 2	Movement Class - Group 1 with Paiton Tegstrom and Madison Vandale
1:00pm to 2:00pm	Lunch KFC and snacks/Flood/Pathways Presentation	
2:00pm to 2:45pm	Jump/Spin - Group 1	Movement Class - Group 2 with Paiton Tegstrom and Madison Vandale
3:00pm to 3:45m	Jump/Spins - Group 2	Movement Class - Group 1 with Paiton Tegstrom and Madison Vandale
3:45pm to 4:00pm	Flood and or Break	
4:00pm to 5:00pm	Open Session - Both Groups	
End of Day		

Please ensure your youth has along:

- Skates
- Indoor Shoes
- Active attire
- Water bottle and/or healthy beverage
- Heathly snacks

There will be some nutrition breaks with some snacks available in limited supply.

Saturday lunch sponsored by the La Ronge KFC.