

PeeWee Skating and Stickhandling Program – July 24 - 27, 2017

Sessions	Instruction: On-Ice	Instruction: Off Ice	Instruction: On Ice	Location:
Jul 24	3:45 – 4:45 pm	5:00 – 6:00 pm	6:15 – 7:15 pm	Terwillegar "C"
Jul 25	3:45 – 4:45 pm	5:00 – 6:00 pm	6:15 – 7:15 pm	Terwillegar "C"
Jul 26	4:45 – 5:45 pm	6:00 – 7:00 pm	7:15 – 8:15 pm	Terwillegar "D"
Jul 27	3:45 – 4:45 pm	5:00 – 6:00 pm	6:15 – 7:15 pm	Terwillegar "C"

Terwillegar Arena – 2051 Leger Rd. NW, Edmonton, AB, T6R 0R9, 780-442-5311

*Dates, Times and Program Content are subject to change by Quantum Speed. This outline is designed to give you an overview scope of what is covered in a 4 day Quantum Speed Session. The design and order of skill progressions in Quantum Speed programs may be adjusted based on the performance level of each group.

*"SPSA" Off-Ice Sessions are designed as part of the icetime and not separate from it. They are skating specific and are not optional. They do not conflict with your external dryland training.

*Performance Excellence Seminar topics and leaders are subject to change based on the needs of each group.

*Any injuries must be reported immediately to both on-ice and off-ice Head Instructors.