



## Seattle Skating Club LTS Accelerated Development Program

Starting SATURDAY October 16th Seattle Skating Club is proud to introduce the Accelerated Development Program (ADP). This program is only offered on Saturday.

- This program is designed for all skaters Basic 4 and above and Adults, who wish to explore the next steps in becoming a more well-rounded skater.
- The format of the on-ice instruction and the practice ice remains unchanged, but now an off-ice component has been added.
- In the off-ice class you will learn,
  - the importance of a correct warm up routine
  - flexibility and strength exercises
  - the basis of the correct rotation technique for on-ice jumps and spins

The typical Saturday morning for ADP participant would look like:

- 9:15 to 9:45 On-ice instruction.
- 9:45 to 10:15 On-ice practice.
- 10:20 to 10:50 Off-ice class.

To participate in the ADP, register on SSC website as usual but then select the ADP option in addition to regular session(s).

Happy Skating!