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Date	Time	Activity	Location	Supplies/Details
Daily/ all week	All day	Open Ice Time for practice and private lessons Purchase ice here	Various rinks note on the schedule	
		Private lessons sign up LINK Mimi Wacholder , founder SOS Paul Wylie (774 487 8310) Carly Jones 518-637-7727), David Botero (336-314-9258) Valerie Jahn (201 960 9909)		
Friday May 16				
	8:00am-10:00 am	Open Ice Time for practice and private lessons Purchase ice here		
	10:00 am	Camp Check-in, meet and greet	LP Olympic Center, Upstairs Lobby, (Roomer Café)	Bring journal, schedule, snack, drink, yoga mat, and skating bag
	10:30	Introduction of key staff	Roamer Café	
	11:00	Camp Overview, presentation of System of Skating (SOS) and strategy session	Roamer Café	Mimi presents, assistants help
	12:00	lunch on your own, can place an order for delivery HERE	Roamer Café	
	1:00-2:50	ON ICE		Carly
		Creative movement warmup	1980 Arena	Bring skating supplies
	2:50	ICE CUT	1980 Arena	Mimi
	3:00-5:00	SOS principles on ice	1980 Arena	Mimi with assistants
		Practice and small group instruction	1980 Arena	
		Conclusion for day		

Saturday May 17				
	8:00-8:40	Pilates/Barre with Lisa	Conference Center	
	9:00-9:40	Body Mechanics for Skaters with Carly	Conference Center	
	10:00-10:40	Off Ice Jump with Paul	Conference Center	
	11:00-12:00	On Ice Practice Open Ice and Lessons *Included in Camp		
	12:00-1:00	Lunch on your own, can place an order for delivery HERE	Roamers	
	1:00	SOS principles clinic and yoga warm-up	Conference Center	Bring yoga mat or beach towel
	2:00-3:50	On ice SOS	1980 Arena	
	4:00-6:00	On Ice		Paul Spins w paul Paul Jumps David Pair and Dance lifts David Dance holds Mimi stroking and Mimi Turns
	6:00	Transition – Group Dinner / Smoke signals	Smoke Signals on Main St., Second Floor	
	7:00	Group Dinner Smoke Signals	Smoke Signals on Main St., Second Floor	
Sunday May 18				
	8:30-9:15	Yoga	LP Olympic Center, Upstairs Lobby, (Roamer Café)	
	9:15-10:30	SOS Principles Off Ice	Conference Center	
	11:00-1:00	SOS Small Groups On ICE	1980	
	1:00-2:00	Lunch on your own, can place an order for delivery HERE		
	2:00-3:00	SOS On Ice	1980 Arena	
	3:00-4:00	Exhibition Opportunity, then open skate	1980 Arena	Exhibit a program, a move in the field, or any skating skill takeaway
	4:00	Immersion concludes		
	4:00-5:00	Open ORDA ice and private lessons	1980 Arena	*must purchase ice