

# **Free Skating Adult Development Camp**

## **Slough Ice Arena, Montem Lane, Slough, SL1 2QG**

**Monday 23rd March 2026**

<b>MONDAY</b>	<b>SESSION - GROUP A</b>	<b>LOCATION</b>
08:30-09:00	Check-in & Arrival	Reception
09:00-09:45	Warm up & Edges	On Ice
09:50-10:20	Off Ice	Off Ice
10:30-11:15	Technical -Edge Jumps	On Ice
11:15-12:30	LUNCH & BREAK	Off Ice
12:30-13:15	Technical - Edge Jumps/Axel Preparation	On Ice
13:20-13:50	Off Ice	Off Ice
14:00-14:45	Spins	On Ice
14:45	Finish	

<b>MONDAY</b>	<b>SESSION - GROUP B</b>	<b>LOCATION</b>
09:00-09:30	Check-in & Arrival	Reception
09:45-10:30	Warm up & Edges	On Ice
10:35-11:05	Off ice	Off Ice
11:15-12:00	Technical -Edge Jumps	On Ice
11:30-12:30	LUNCH & BREAK	Off Ice
12:35-13:05	Off Ice	Off Ice
13:15-14:00	Technical - Edge Jumps/Axel Preparation	On Ice
14:00-14:35	Break	Off Ice
14:45-15:30	Spins	On Ice

**Sessions may be subject to change**

**Participants will experience a Free Skating Adult Development Camp hosted by British Ice Skating & Everyone Active, emphasis is on jump & spin technique.**



# Free Skating Adult Development Camp

## Slough Ice Arena, Montem Lane, Slough, SL1 2QG

**Tuesday 24th March 2026**

TUESDAY	SESSION - GROUP B	LOCATION
08:30-09:00	Check-in & Arrival	Reception
09:00-09:45	Warm up & Edges	On Ice
09:50-10:20	Off Ice	Off Ice
10:30-11:15	Technical -Toe Jumps	On Ice
11:15-12:30	LUNCH & BREAK	Off Ice
12:30-13:15	Technical - Toe Jumps	On Ice
13:20-13:50	Off Ice	Off Ice
14:00-14:45	Transitions	On Ice
15:30-16:30	Open Ice & Private Lessons	On Ice

TUESDAY	SESSION - GROUP A	LOCATION
09:00-09:30	Check-in & Arrival	Reception
09:45-10:30	Warm up & Edges	On Ice
10:35-11:05	Off ice	Off Ice
11:15-12:00	Technical -Toe Jumps	On Ice
11:30-12:30	LUNCH & BREAK	Off Ice
12:35-13:05	Off Ice	Off Ice
13:15-14:00	Technical - Toe Jumps	On Ice
14:00-14:35	Break	Off Ice
14:45-15:30	Transitions	On Ice
15:30-16:30	Open Ice & Private Lessons	On Ice

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