

SFSC's Jump Start Clinic

Sunday 28th October 2018

8am-11am

Canterbury Olympic Ice Rink

Open to all skaters from
Tiny Tots to Preliminary



Cost: \$50/skater
includes Rink Entry, Classes &
Parent Information Session

Register at

www.sydneyfigureskatingclub.com
or <https://www.trybooking.com/YKNM>

Schedule

Time	Group				
	Orange	Blue	Green	Red	Purple
8.00-8.30	Jumps	Off Ice Jumps	General Athleticism	Edges	Spins
8.30-8.35	Transition Time				
8.35-9.05	Spins	Jumps	Off Ice Jumps	General Athleticism	Edges
9.05-9.10	Transition Time				
9.10-9.40	Edges	Spins	Jumps	Off Ice Jumps	General Athleticism
9.40-9.45	Transition Time				
9.45-9.15	General Athleticism	Edges	Spins	Jumps	Off Ice Jumps
10.15-10.20	Transition Time				
10.20-10.50	Off Ice Jumps	General Athleticism	Edges	Spins	Jumps
10.50-11.00	Wrap up				

What to Bring:
skates
water bottle
a smile!

There will also be an information session for parents and care-givers

More information and registration:
www.sydneyfigureskatingclub.com

or email

sfsc@sydneyfigureskatingclub.com