SUNDAY	**July 3**		
1:30-2:30		Check in at Dorms	Resident and Commuters
2:30-3:15		Orientation	FOR ALL
3:45-4:45		Freestyle	For skaters with scheduled lessons
		Get Acqauinted Activitiy	Skaters not on the 3:45pm freestyle
4:45	**Resurface**		
5:00		Dinner	
	Sunday Group 1	Sunday Group 2	
6:00-6:30	On Ice- Rodrigo	Off Ice - Joey	
6:30	**Resurface**		
6:45-7:15	Off Ice - Joey	On Ice- Rodrigo	
	FIREWORKS AT PEQUOT LAKES HIGH SCHOOL		
9:00pm	**Load vans**		

MONDAY	July 4				
Time	Group 1	Group 2	Time	Group 3	Group 4
7:00	Breakfast	Breakfast	7:00	Breakfast	Breakfast
7:45-8:45	YOGA		7:45-8:45	Walk & Talk	FS
			8:45	Resurface	
9:00-10:00	Training Room		9:00-10:00	FS	Walk & Talk
			10:00	Resurface	
	FS	Walk & Talk	10:15-11:15	Training Room	
11:15	Resurface				
11:30-12:30	Walk & Talk	FS	11:30-12:30	YOGA	
12:30	Resurface				
12:30-1:15	Lunch	Lunch	12:30-115	Lunch	Lunch
1:15-2:15	On Ice with Rodrigo and Kyle		1:15-2:15	Off Ice Theater with Joey	
			2:15	Resurface	
2:30-3:30	Off Ice Theater with Joey		2:30-3:30	On Ice with Rodrigo and Kyle	
3:30	Resurface				
3:45-4:15	Free Time or REST		3:45-4:15	On Ice Edge Class with joey	
			4:15	Resurface	
4:30-5:00	On Ice Edge Class with Joey		4:30-5:00	Free Time or REST	
5:15	4th of July Cookouts cavenger hunt, games and much more fun				
	All at dorm				

TUESDAY	**July 5**				
Time	**Group 4**	**Group 3**	**Time**	**Group 2**	**Group 1**
7:00	Breakfast	Breakfast	7:00	Breakfast	Breakfast
7:45-8:45	Ballet	Ballet	7:45-8:45	Walk & Talk	FS
			8:45	**Resurface**	
9:00-10:00	Plyo	Plyo	9:00-10:00	FS	Walk & Talk
			10:00	**Resurface**	
10:15-11:15	FS	Walk & Talk	10:15-11:15	Plyo	Plyo
11:15	**Resurface**				
11:30-12:30	Walk & Talk	FS	11:30-12:30	Ballet	Ballet
12:30	**Resurface**				
12:30-1:15	Lunch	Lunch	12:30-1:15	Lunch	Lunch
1:15-2:15	On Ice with Joey		1:15-2:15	Off Ice Interp with Rodrigo & Barb	
2:15	**Resurface**				
2:30-3:30	Off Ice Interp with Rodrigo & Barb		2:30-3:30	On Ice with Joey	
			3:30	**Resurface**	
3:45	**ALL AMERICAN SKATERS to RESORT**				
STARS & STRIPES SKATERS					
	Group 1	Group 2			
4:30-5:00	On Ice -Kyle	Off Ice - Rosie			
5:15-5:45	Off Ice - Rosie	Onl ce - Kyle			
5:45	**Resurface**				
6:00	Dinner	Dinner	6:00	Dinner	Dinner
7:00-8:30		**On Ice Rehearsal**	**Floor Rehearsal**		
	7:00-7:30	Group 2-3 & BOYS			
	7:30-8:00	Group 1	Group 4		
	8:00-8:30	Group 4			

WEDNESDAY	July 6				
Time	Group 2	Group 1	Time	Group 4	Group 3
7:00	Breakfast	Breakfast	7:00	Breakfast	Breakfast
7:45-8:45	FS	Training Room	7:45-8:45	Nutrition	
8:45	Resurface				
9:00-10:00	Training Room	FS	9:00-10:00	Pros of The Rope	
10:00	Resurface				
10:15-11:15	Pros of The Rope		10:15-11:15	FS	Training Room
11:15	Resurface				
11:30-12:30	Nutrition		11:30-12:30	Training Room	FS
12:30	Resurface				
12:30-1:15	Lunch	Lunch	12:30-1:15	Lunch	Lunch
1:15 - 3:30	**Kart Kountry**		1:15-1:45	On Ice - Max & Diane	Off Ice Kyle
			2:00-2:30	Off Ice Kyle	On Ice - Max & Diane
			2:30	Resurface	
			2:45-3:15	On Ice Edges - Max & Diane	
			3:15	Resurface	
3:45-4:15	On Ice - Max & Diane	Off Ice Kyle			
4:30-5:00	Off Ice Kyle	On Ice - Max & Diane			
5:00	Resurface				
5:15-5:45	On Ice Edges - Max & Diane		**3:30-6:00**	**Kart Kountry**	
5:45	Resurface				
6:00	Dinner		6:15	Dinner	
6:30-8:30	ON Ice - work with Jump & Spin Parnter				
	6:30-7:00	Group 1			
	7:00-7:30	Group 2			
	7:30-8:00	Group 3			
	8:00-8:30	Group 4			

THURSDAY	July 7				
Time	GROUP 3	GROUP 4	Time	GROUP 1	GROUP 2
7:00	Breakfast	Breakfast	7:00	Breakfast	Breakfast
7:45-8:45	Plyo	Plyo	7:45-8:45	Plyo	ON Ice
			8:45	Resurface	
9:00-10:00	Yoga	Yoga	9:00-10:00	ON Ice	Plyo (45mn)
			10:00	Resurface	
10:15-11:15	ON Ice	Walk	10:15-11:15	Yoga	Yoga
11:15	Resurface				
11:30-12:30	Walk	ON Ice			
12:30	Resurface				
12:30	Lunch	Lunch	11:30	Lunch	Lunch
1:15-1:45	On Ice Max & Diane	Off Ice Barb & Ashlyn			
2:00-2:45	Off Ice Barb & Ashlyn	On Ice Max & Diane	**12:45-3:15**	**Waterslides**	
2:45	Resurface				
3:00-3:30	ON Ice Power				
3:45	Resurface				
3:45-6:00	**Waterslides**		4:00-4:30	On Ice Max & Diane	Off Ice Barb & Ashlyn
			4:45-5:15	Off Ice Barb & Ashlyn	On Ice Max & Diane
			5:15	Resurface	
			5:30-6:00	ON Ice Power	
			6:00	Resurface	
6:15	Dinner			Dinner	
6:45-8:15	ON Ice	ALL GROUPS			
	6:45-7:15	Group 2-3 & BOYS			
	7:15-7:45	Group 1			
	7:45-8:15	Group 4			

FRIDAY	**July 8**			
7:00	Breakfast			
7:30am - 8:30am	Freestyle for those with lessons			
8:30am - 9:30am	Rehearsal for all groups			
9:30	**Resurface**			
9:15am -10:00am	Clean room and check out			
10:30am - 2:30pm	Ice FACTOR CHALLENGE			
	Lunch at rink for skaters (pizza)			
	Final Group performance at the end of Ice FACTOR			
2:45pm	**All Camp Photo and awards**			
3:00pm	**Award Ceremony**			
3:45pm	**Goodbyes**			