

MASTERS LESSON PLAN 2020-2021

TECHNIQUE *	DATE	DETAILS
SKATE	Dec 12	Introduction, group ski, team-building activities
SKATE	Dec 15	Building on skills learned in previous session
CLASSIC	Dec 19	Group ski, diagonal stride focus
CLASSIC	Dec 22	Building on skills learned in previous session
SKATE	Jan 9	Ski w/o poles, weight transfer, body position
SKATE	Jan 12	Building on skills learned in previous session
CLASSIC	Jan 16	Ski w/o poles, weight transfer, body position
CLASSIC	Jan 19	Building on skills learned in previous session
SKATE **	Jan 23	Two-skate and one-skate focus, free drop-in session for prospective Masters
SKATE	Jan 26	Building on skills learned in previous session
CLASSIC **	Jan 30	Double-pole, kick-double-pole, transitions, free drop-in session for prospective Masters
CLASSIC	Feb 2	Building on skills learned in previous session
SKATE	Feb 6	Transitions, free-skate, and descents
SKATE	Feb 9	Building on skills learned in previous session

* Technique may change due to weather. Email notice will be sent 24hrs in advance. "Skate Only" participants will be accommodated regardless.

** BRING-A-FRIEND DAYS - Free drop-in sessions Jan 23 & 30. Come joining our regular session of talented Masters skiers! All ages and abilities welcome.