

CNCR Skater Development Seminar Off Ice Locations:

Off Ice Technical “Talk”

- Kin Meeting Room located upstairs toward the back of Kin 2/Kin 1.

Off Ice Flex & Zumba

- Freedom Taekwondo located a 4 min drive from here at: #101, 3845 15th Ave
- Directions:
 - Turn left onto Ospika Blvd
 - Turn right onto 15th Ave
 - Destination will be on your right