LRNSC roller ski lessons, coaching training/practice - 2024 summary

CL = classic technique SK = skate technique

Session date/activity	Location	Start time	Taster	Beginner lessons	Intermediate coaching	Children's session	Individual training/practice
21 January	West London	10.00	CL	CL	SK	X	X
11 February	West London	10.00	CL	CL	CL	X	X
3 March	West London	10.00		Course week 1 CL	SK	X	X
17 March	West London	10.00		Course week 2 CL	CL	X	X
23 March	Cambs	10.00		CL	CL		
7 April	West London	10.00		Course week 3 CL	SK	X	X
13 April	Cambs	10.00		CL	CL		
14 April*	West London	13.00		Course week 4 SK	CL	X	X
5 May	West London	13.00		Course week 5 SK	SK	X	X
18 May	Cambs	10.00		CL	CL		
26 May	West London	10.00		Course week 1 SK	CL	X	X
9 June	West London	13.00		Course week 2 SK	SK	X	X
15 June	Cambs	10.00		SK	SK		
23 June*	West London	13.00		Course week 3 SK	CL	X	X
29 June	Cambs	10.00		SK	SK		
7 July	West London	10.00		Course week 4 SK	SK	X	X
21 July*	West London	13.00		Course week 5 SK	CL	X	X
1 September	West London	10.00	CL		SK	X	X
7 September	Cambs	10.00		SK	SK		
15 September	West London	10.00		Course week 1 CL	CL	X	X
5 October	Cambs	10.00		CL	CL		
6 October*	West London	13.00		Course week 2 CL	SK	X	X
12 October	Cambs	10.00		SK	SK		
27 October	West London	13.00	CL	Course week 3 CL	CL	X	X
2 November	Cambs	10.00		CL	CL		
3 November	West London	10.00		Course week 4 SK + new course wk 1 CL	CL	X	X
9 November	Cambs	10.00		SK	SK		
17 November	West London	10.00		Course week 5 SK + new course wk 2 CL	SK	X	X
1 December	West London	10.00		New course wk 3 CL	CL	X	X
15 December	West London	10.00		New course wk 4 SK	SK	X	X
British series race date							