

# 2019 Summer Training Program

June 24-August 31

## Adult Coffee Club – Tuesday

The Adult Skating & Fitness Summer Series is a great way to stay active and beat the heat! Classes begin with an off-ice boot camp. After you work up a sweat, lace up your skates and head to the ice for on-ice instruction.

- 7:30-8:00 Adult Off Ice Warm up All Levels
- 8:15-8:45 Adult Edge Class Freestyle 1 & above
- 8:45-9:15 Adult Jump & Spin Class Freestyle 1 & above

## Glide with Glenjamin~ Thursday

This class gets to the core of what skating is! It's the organic flow of edges and how they can take you effortlessly across the ice. The class includes deep edges and turns and figure skating moves. The athletes in the class will work toward being in precision with each other while doing edge moves. All has to look effortless. When you see skating that is so smooth it seems to float, then you can be sure this is the foundation that lies underneath. This is what judges love to see and what they mean when referring to "the quality of the edge".

- 12:45-1:45 pm June 27, July 11 **Inter/High Level**

## Ice Dancing~ Saturday 10:00-10:30 am

**Dance 1-3** will teach the basics of Ice Dancing with emphasis on edge control, posture, timing, and pattern control. Learn progressives, chasse's & swing rolls. Dances to include Dutch Waltz, Canasta Tango and Rhythm Blues.

**Dance 4 & 5** will continue working on the basics of Ice Dancing. Dances to include Swing Dance, Cha Cha, Fiesta Tango, Hickory Hoedown, Willow Waltz and Ten Fox. Register at the Control Room - \$40 -4 wks each

- Dance 1, 2 & 3 June 29-July 20 Level FS 1 & above
- Dance 4 & 5 July 27-Aug 17 Must have taken Dance 1-3

## Jump Drills – Tuesday

Class offers competitive skaters the opportunity to focus on jump techniques in a group setting. It includes but is not limited to all four phases of jumps – preparation, take-off, air position and landing. Drills will help commit the learned skill to muscle memory and the ability to retrieve this memory at will. Muscle memory refers to the ability to perform a skill without any conscious effort.

- 1:45-2:30 pm July 30-Aug. 20 **Levels Freestyle 4 & above.**

## Mix It Up – Friday

The ever-changing class. A new class each week to keep things fun and exciting. From "show tricks" to spirals...Performance to dance! This diverse class will keep students engaged all while learning new skills a little outside the box. **Levels Freestyle 4 thru Intermediate**

- 3:00-3:30 pm (no class on July 19)

## Power Skating

A 30-minute conditioning class of edges, power drills, turns, footwork combinations with a greater emphasis on the development of power and quality of movement. Class is taught on full ice set to music and is a continuous 30-minute aerobic workout on ice. This class is designed to add power, strength and speed to your skating along with improving cardiovascular endurance. **No Power the week of July 15-19**

- Pre-Power Levels FS 1-5 Tuesday 5:45-6:15 pm
- Intermediate NonTest-PreJuv Friday 3:45-4:15 pm
- Advanced Juvenile-Senior Thursday 3:30-4:00 pm

Levels are bases on highest MITF passed.

## Spin Class – Tuesday

Spin class will have strong emphasis on all Basic Spin Positions – upright, sit, camel along with IJS spin features and criteria for achieving these levels of difficulty to increase not only the value of your spins, but the quality of all spins. It includes but is not limited to all phases including, preparation, centering, position and exit of all spins and flying spins. **Levels Freestyle 4 and above.**

- 1:45-2:30 pm June 25-July 9, 23

## Spiral & Style Class – Thursday

Make your spirals sparkle and shine. Class will focus on basic to advanced spirals, variations and extension. Technique, turn out, flexibility and sustaining positions. **Levels Freestyle 4 and above.**

- 5:00-5:30 pm June 27, July 11, 25

## Theater On Ice – Thursday

Combine the grace of figure skating with the excitement of theater and dance. Skaters will explore a wide range of musical styles and ideas, with an emphasis on the dramatic and show business side of skating. Focus is on musical interpretation, character development, working with props and show skating moves. **Levels Freestyle 4 & above.**

- 5:00-5:30 pm August 1-22

## Please Indicate Sessions

### Monday

- 7:15 am FS
- 8:15 am FS
- 11:45 am FS
- 12:30 pm FS
- 2:30 pm FS

### Tuesday

- 7:15 am FS
- 8:15 am Adult Edge
- 8:45 am Adult Spin
- 9:30 am Adult FS
- 12:45 pm FS
- 1:45 pm Spin/Jump Drill
- 2:45 pm FS
- 3:30 pm FS
- 5:00 pm FS
- 5:45 pm Pre Power
- 6:30 pm FS

### Wednesday

- 7:15 am FS
- 8:15 am FS
- 1:30 pm FS
- 2:15 pm FS
- 3:30 pm FS
- 4:30 pm FS

### Thursday

- 7:15 am FS
- 8:15 am FS
- 12:45 pm Glide w/ Glenn
- 2:00 pm FS
- 2:45 pm FS
- 3:30 pm Adv. Power
- 4:15 pm FS
- 5:00 pm Spiral/Theater
- 5:30 pm FS
- 6:30 pm FS

### Friday

- 7:15 am FS
- 8:15 am FS
- 11:45 am FS
- 12:30 pm FS
- 1:30 pm FS
- 2:15 pm FS
- 3:00 pm Mix It Up
- 3:45 pm Interm Power
- 4:15 pm FS
- 5:15 pm FS

### Saturday

- 6:45 am FS
- 7:45 am FS
- 8:45 am FS
- 10:00 am Dance Class
- 10:30 am FS

### Sunday

- 8:45 am FS
- 9:30 am FS
- 10:30 am Dance/MIF

**Tear off this section and give to private lesson coach by: \_\_\_\_\_**

Classes & Sessions are \$7.00 with Freestyle Card or \$9.50 drop in.  
Ice Dancing Class is a 4 week series - \$40

Revised 6/12/19

Skater's Name \_\_\_\_\_ Age \_\_\_\_\_

Parent's Name \_\_\_\_\_

Cell # \_\_\_\_\_

Emergency Contact Phone#2 \_\_\_\_\_

Email: \_\_\_\_\_

Private Lesson Coach \_\_\_\_\_

Highest ISI Level \_\_\_\_\_

Highest MIF Test \_\_\_\_\_

Highest Freestyle Test \_\_\_\_\_

**Off Ice Class Selection**

**Monday**

- 11:00 am Motivational Monday
- 3:45 pm Off Ice Stretch

**Tuesday**

- 7:30 am Adult Off Ice Warm Up

**Wednesday**

- 12:30 pm Off Ice Jump Juv-Senior
- 1:15 pm Off Ice Jump FS 4-PreJuv

**Thursday**

- 3:30 pm Balletone – Inter/Low

**Friday**

- 3:15 pm Yoga Inter/High Ages: 13+
- 4:30 pm Yoga Low/Interm Ages: 6-12

Tear Here -

Return this portion to your Coach by

**OFF-ICE CLASSES**

**Motivational Monday with Heidi** Team Room 4

**Monday** 11:00-11:30 am \$5.00 per class pay instructor  
Motivational Monday is a day for new beginnings and fresh starts. Begin the week with momentum and you'll look back with great satisfaction on all you achieved. This class will include weekly off-ice and on-ice challenges, inspiring videos as well as a fun off-ice warm up. Open to ALL LEVELS

**Off Ice Stretch with Jordan Inter/Low** Team Room 4

**Monday** 3:45-4:15pm \$5.00 per class pay instructor  
Skaters will learn how to cool down their muscles properly after training through static stretching. Focus will be on increasing flexibility and preventing injury. Skaters should warm up lightly off ice or skate before class. Yoga mat is not required but recommended.

**Adult Off Ice Warm Up** All Levels Team Room 4

**Tuesday** 7:30-8:00 am \$5.00 per class pay instructor  
Focuses on warm-up exercises, alignment, strengthening and conditioning.

**Off Ice Jump with Heidi & Jordan**

**Wednesday** Team Room 4

Heidi 12:30-1:00pm Juv-Senior \$5.00 per class

Jordan 1:15-2:00 pm FS 5-PreJuv \$8.00 per class

Off-ice jumping is essential for developing jump techniques and can enhance skaters' potential through proper training. This class is designed to give skaters the ability to master practicing off-ice jumps while working on balance, leg strength, rotational speed, and proper jump landing form. Pay instructor

**Balletone with Stephanie** Inter/Low Cedar Room

**Thursday** 3:30-4:00pm \$5.00 per class pay instructor

Balletone is a ballet influenced off ice strength and conditioning program that blends techniques drawn from dance, Pilates and fitness. Balletone keeps you moving, motivated and mentally focused with a workout that develops muscular endurance, core strength, and agility... And most of all it's FUN!

**Yoga with Michael** \$12 per class pay control room

**Friday** July 5, 12, 26 Aug. 9, 23 Alder Rm.

3:15-4:15 Inter/High Level Ages: 13+

4:30-5:15 Low/Inter Level Ages: 6-12

Yoga provides a supplemental mind/body training that will empower and strengthen. All tools learned during yoga are transferable to life off the mat and onto the ice. Bring your own mat & bare feet. Parents are welcome to take the class.

