

# 2010 Summer Class/Clinic Descriptions

**Off-Ice Jumps:** An off-ice fitness class to improve your ability to jump and rotate. **Low is open to anyone in FS 4 – FS6. High is open to FS 7 & up or at the discretion of the Skating Director.**

**Off-Ice Dance:** We are offering a fantastic section of new dance classes this summer. Hip Hop, Ballet, Jazz are just a few. There is an off-ice dance class offered for **every age and level.**

**Pilates Training:** Classes will be given by **PILATES CERTIFIED** instructors. Everyone must bring an exercise mat. All classes will be offered in our private, off-ice studio.  
**Open to anyone age 8 and up.**

**Intro to Synchro/ Formation Team Camp and Rink Side Jr. Extreme Synchro Team Camp** Try-outs for the 2010-2011 season will take place on June 8 and June 15 during practice. Take one class free if you have never taken the class. **Intro Camp is open to all ages and levels. Jr. Extreme Team is open to skaters based on tryout placement.**

**Program Run-Through Clinic:** **Simulate competing all summer long!** The purpose of this session is for the skater to practice his/her program on the ice alone. There will be a six-minute warm-up at the beginning of the session. At that time the skaters will wait in line for their turn. They will have the opportunity to skate their program to simulate competition atmosphere. Coaches may observe and take notes but they are not allowed to teach on this session. Parents are welcome to video! **This session is open to all skaters at all levels.**

**All New! Power Development /Edge Skills Clinics:** This is a fast-paced conditioning class designed for the skater to improve edge quality, speed, power, endurance, and general skating skills. This class is a complete workout. This will be combined with the jump class listed below on Saturdays.

**Elite** – FS VII & up

**High** – FS IV & up

**Med.** – FS II & up

**Low** – Gamma & up

**Grassroots to Champions Jump Technique Clinic:** This is a class that will strictly focus on jumping drills. Each day we will break down a different jump in order to better understand the mechanics behind it. This class will help the skater develop better tools to practice jumping. **Low** – Delta & Up **High** – FS V & Up

**“Only Axels” Clinic:** This class will be strictly devoted to helping skaters better understand the mechanics of the axel and double axel jump. We will use new and creative techniques to achieve the skills necessary to master this challenging jump. **This class is open to any skater passed ISI Freestyle IV.**

**Spin & Flying Spin Clinic:** This class will focus only on spins. This is a class that will help skaters develop better, more difficult, creative spins. We will discuss the basics that are essential for a good spin, and we will build from there. Those who are ready will work on flying spins too.

**This class is open to any skater who is passed ISI Freestyle I.**

**Moves In the Field Clinic:** There will be no jumping or spinning in this class. We will devote the time to practice USFS Moves in the Field patterns. **This class is for any skater passed Delta**

**Open Freestyle Session:** A freestyle session is a 60-minute unit of ice. It can also be broken into different minute increments. Typically this unit of ice is used for figure skaters to practice. Most often, this is when a skater receives his/her private lessons. This unit of ice is limited to 25 skaters.

**Open to all levels**

**Low Freestyle Session:** Limited to skaters in **Tot levels through ISI Freestyle V only.**

**High Freestyle Session:** Limited to skaters who have **passed ISI Freestyle VI only.**