

## ***New Off-Ice classes***

*Start date - Tuesday September 5<sup>th</sup> 2023*

### ***Mondays, 5:10 to 5:40 PM***

#### *Jump & Rotation*

*Coach - Arlene McSorley*

DESCRIPTION - In this class we will teach you the principles of rotation. You will start in the off-ice room where you will perfect your vertical jump technique, the correct basic body alignment, correct air and landing positions. You will then move onto the rotational spinner where you can practice your multi rotational position on the harness while experiencing multiple rotations in safety.

### ***Tuesdays, 5:40 to 6:10 PM***

#### *Ballet & Stretch*

*Coach - Barbara Murphy*

DESCRIPTION - In this class we will teach you the stretches necessary to improve you skating. You will start by learning the exercises necessary to help you increase your flexibility. This will enable you to obtain the required positions in a selection of figure skating moves used for both technical elements and choreography. The coach's extensive ballet training will help you to perfect the movements with both poise and grace.

### ***Thursdays, 5:40 to 6:10 PM***

#### *Dance & Movement*

*Coach - Lolita Yermak*

DESCRIPTION - During this class we will be focusing on body alignment and structure, as well as maintaining a stable body position from shoulders to hips. As we develop a full repertoire, athletes challenge their movements beyond the core and let them merge into new movements. All the exercises are followed with music for a deeper understanding of the different rhythms.

### ***FRIDAYS, 5:10 to 5:40 PM***

#### *Strength and Conditioning*

*Coach - Raelani Mark*

DESCRIPTION - The object of this class is to assist skaters in developing their overall strength, quick twitch muscles and endurance via body weight exercises, resistance band training and agility focused workouts. Athletes attending this class will be taught both explosive/dynamic style and low impact/static style exercises to ensure a well-rounded range of muscle development.

*NOTE: FOR ALL CLASSES ATHLETES MUST BE DRESSED APPROPRIATLY WITH NO LOOSE FITTING OR BAGGY CLOTHES, THE APPROPRIATE FOOTWEAR MUST ALSO BE WORN. THE CLASS COACH WILL CONFIRM IF YOUR ATTIRE IS APPROPRIATE.*

*FOR BALLET AND STRETCH (TUESDAYS) TENNIS SHOES OR BALLET SLIPPERS SHOULD BE WORN  
FOR STRENGTH & CONDITIONING (FRIDAYS) EACH ATHLETE MUST BRING THEIR OWN PERSONAL YOGA MATT  
AND JUMP ROPE.*

*ALL CLASSES ARE \$10 PAID DIRECT TO THE COACH AND ARE ON A DROP-IN BASIS*