



Summer Training Class Description

Monday

On Ice

- Edges by Sharon Baker – 11:15 – 11:45 am
Learn the correct use of the blade and posture for effortless flow and clean turns.
- Parachutes & Power by Stephen Baker 11:45 am – 12:15 pm
High energy class using parachutes to increase resistance.

Off Ice

- Stretch & Mobility by Raelani Mark – 12:30 – 1 pm
Increase your range of movement to assist your skating with a variety of specific exercises and stretches.

Thursday

On Ice

- Jump exercises by Arlene McSorley – 11:15- 11:45 am
Class covers on ice exercises necessary to perfect your jump technique.
- Jump by Arlene McSorley – 11:45 am – 12:15 pm
Working on jump technique for all jumps including the use of ½ jumps for sequences.

Off Ice

- Strength & Conditioning by Raelani Mark 12:30 – 1 pm
Assist skaters in developing their overall strength, quick twitch muscles and endurance via body weight exercises. *(Yoga Mat & Jump Rope required)*

Tuesday

Off Ice

- Ballet/Stretch & Movement by Barbara Murphy – 11:15 – 11:45 am
Prepare your bodies flexibility for the rigorous demands of the ice. *(Ballet slippers preferred)*
- Harness & Jumps by Arlene McSorley – 11:45 am – 12:15 pm
Using off ice harness to perfect multi rotations and air positions in safely manner.

Wednesday

On Ice

- Linking moves & transitions by Barbara Murphy – 11:15 – 11:45 am
Learn the best way to link elements together using turns and edge exercises.
- Spins by Barbara Murphy – 11:45 am – 12:15 pm
This class covers a variety of spins including change foot/position and flying spins. *(Depending upon level)*

NOTES:

- Sneakers & Water Bottle required for off ice classes
- Book ice time on Fare Harbor for on ice classes
- Pay coaches for each 30 minute class:
 - SSC members - \$10
 - Non SSC members - \$15