



Figure Skating Clinic

Track A \$250 (8 Weeks) Tentative start date 9/22/18

(Pre Free Skate-Freestyle 4)

10:15-10:30am – Power class on ice

10:30-11:15am- Freestyle group class on ice (spins & jumps)

11:15-11:45am- Ice Dance choreography, edge work on ice

12:00-12:45pm- Off Ice Conditioning (Sneakers & yoga mat required)

Track B \$250 (8 Weeks) Tentative start date 9/22/18

(Freestyle 5-Novice)

10:15-11:00am- Off Ice Conditioning (Sneakers & yoga mat required)

11:15-11:45am- Ice Dance choreography, edge work on ice

11:45-12:30pm- Freestyle group class on ice (spins & jumps)

12:30-12:45pm- Power class on Ice

Track C \$180 (8 Weeks) Tentative start date 9/19/18

(Pre-Free Skate-Preliminary)

5:00-5:45pm- Free Skate Group Class

5:45-6:00pm- ½ ice power class

6:15-7:00pm- Off Ice Conditioning (Sneakers & yoga mat required)



More information contact: Kandis Hawkins

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