

FALL/WINTER OFF-ICE PROGRAM AT A.C.T

Classes will run every Thursday from October 3rd - December 12th 2019

*Classes will run on **THURSDAYS** with the following schedule:*

Session #1 Off-ice Jumps

5:30-6:00pm

Session #2 Advance Pre-Star Off-ice

6:00-6:25pm

Session #3 Off-ice Fitness

6:25-7:10pm

Pricing (For the full 11 weeks) :

1 session = \$132+gst

2 sessions = \$220+gst

Off-ice jumps Class information:

This session is appropriate for any skaters currently working on all their single jumps, learning the axel and/or working on double jumps on the ice. I will be helping skaters work on fundamentals of proper take off and landing positions, break down arm movements, improve jump height, focus on air position, work on controlled landings, improve balance and coordination. This is a great fundamentals class to set proper jumping habits while the skater is young!

Advanced Pre-Star Information:

This session will be the perfect opportunity for your child who is an Advanced Pre-Star skater to go through the steps off-ice that will be needed to start learning and working on jumps, spins and overall skating skills of balance, flexibility and strength. The movement patterns I will be instilling in this class will help them to feel more confident and comfortable as they progress with their on ice skills!

Off-ice Fitness

This session is open to all levels of StarSkate skaters who are looking for a fun and challenging off-ice workout that will incorporate warm up exercises (perfect preparation for them prior to test days and competitions), balance, multi-joint stability exercises, single leg balance and strength, cardiovascular endurance and flexibility.

****ALL CLASSES ARE HELD UPSTAIRS IN THE A.C.T. HALL****

Please register by emailing Brooke at brooke@competitiveedgetraining.ca with the skaters information and which sessions you will be registering for.