

## **WINTER OFF-ICE PROGRAM AT A.C.T**

*Classes will run every Thursday from January 16th - March 19th 2020*

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

### **Session #1 Off-ice Jumps**

5:30-6:00pm

### **Session #2 Off-ice Fitness**

6:00-6:30pm

### **Pricing (For the full 10 weeks) :**

1 session = \$120+gst (\$126)

2 sessions = \$200+gst (\$210)

#### **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!

#### **Off-ice Fitness**

This session is open to skaters of all levels of Pre-Star and StarSkate 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](mailto:brooke@competitiveedgetraining.ca) with the skaters information and which sessions you will be registering for.**