



Elite Figure Skating Camp

December 27th, 29th, 31st 2021

\$120 per day, \$300 per week

\$30 drop per class

Entry Deadline December 1st

Time Day	Monday Dec 27th	Tuesday	Wednesday 29th	Thursday	Friday Dec 31st
12:15 PM	Ballet <i>Off Ice Classes</i>		Ballet		Ballet
1:00 PM	Spin/Jump		Spin/Jump		Spin/Jump
1:45 PM	Stretch/Strengthen		Stretch/Strengthen		Stretch/Strengthen
2:30 PM	Break		Break		Break
2:45 PM	Figures <i>On Ice Classes</i>		Figures		Figures
3:15 PM	Spin/Jump		Moves in the Field		Spin/Jump
3:45 PM	Moves in the Field		Spin/Jump		Choreography
4:15 PM	Ice Dance		Interpretive		Edge/Style
4:45 PM	Finished		Finished		Finished

Minimum level Basic 6 or Adult Pre Bronze

- Ballet classes offer training for good core strength and leg strength with precision alignment for graceful posture and expression.
- Off ice spin and jump classes give skaters training that helps improve their body awareness for proper positioning of spins and jumps
- Stretch/Strengthen classes Help with cardio training and proper stretching techniques
- Figures classes are the ultimate exercise for edge control, teaching proper body alignment which is the foundation for all skating maneuvers
- Moves in the field are required skating elements for testing and competing in figure skating
- Ice dance teaches flow, grace and posture. It produces skaters that look effortless in their skating
- Edge and Style classes incorporate upper body movements with more complex footwork to help produce wonderful footwork sequences
- The choreography class teaches students to use the tools that they possess to construct a balanced program that fits the music they are skating to
- Interpretative gives skaters a chance to make an impromptu program and express themselves to the chosen music
- On ice spin and jump helps skaters with technique for jumps and spins

For more info contact Tim Totter at the rink or by email at timt@azice.com