

**Elite Figure Skating Camp**

**July 11th, 13th, 15th2022**

***$130 per day, $351 per week***

***$30 drop in per class***

***Entry Deadline July 8th***

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| Time Day | Monday Jul 11th | Tuesday | Wednesday 13th | Thursday | Friday Jul 15th |
| 10:00 AM | Drop Off |  | Drop Off |  | Drop Off |
| 10:45 AM | Vision Board Angela/P |  | BalletGianna/Angela |  | BalletGianna/Angela |
| 11:30 AM | Stretch/Strength Paige |  | Stretch/StrengthVitali |  | Stretch/Vitali |
| 12:15 PM | Break |  | Break |  | Break |
| 12:45 PM | Edge Paige |  | EdgeVitali |  | EdgeVitali |
| 1:00 PM | Spin Paige/Angela |  | Spin Angela/Claudine |  | Spin Claudine/Tim |
| 1:30 PM | Jump Paige/Angela |  | Jump Angela/Claudine |  | Jump Claudine/Tim |
| 2:00 PM | Choreo/Interp Paige/A |  | Dance Vitali |  | Moves Claudine/Tim |
| 2:45 PM | Break |  | Break |  | Break |
| 3:15 PM  4:00 PM | Spin/ Jump Paige  Finished |  | Spin/Jump Angela  Finished |  | Spin/Jump Claudine  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**
* **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 posses 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**](mailto:timt@azice.com)