

Wednesday Special Classes for Spring!

This spring we have some special classes happening on Wednesdays for our Freestyle Level Skaters. Each class topic has been carefully chosen to help our skaters expand their skating knowledge and skills. We hope you will consider participating in all of our class offerings!



Off Ice Fitness For Figure Skaters!

This class will help you gain flexibility, as well as improve strength for explosive jumps and tight rotations in your spins.

5:00-5:30pm

5 weeks, Wednesday Jan 29th through Wednesday Feb 26th.

\$90

Level Up Your Spins! (IJS Spins Clinic)

This class will help improve your spins, as well as introduce International Judging System spin requirements. You will learn how to create spin positions and combos that will max out your point range at US Figure Skating competitions!

5:45-6:15pm

2 weeks, Wednesday Jan 29th and Wednesday Feb 5th. \$40



On Ice Power Class!

Don't miss this chance to become a stronger, Faster and smoother skater! Power Class is a must for any skater looking to improve strength and stamina for competitions and beyond!

6:15 – 6:45pm

2 weeks, Wednesday Jan 29th and Wednesday Feb 5th. \$40

Introduction to US Figure Skating 'Skills Patterns'

If you have ever wondered what it takes to skate with the grace and precision of a US Figure Skating Athlete, This one hour clinic will give you a look into the testing patterns that give them an edge over ISI competitors.

5:45 – 6:45pm

1 week, Wednesday Feb 12th. \$36



Introduction to Synchronized Team Skating

Synchro is a fun team sport where between 8-20 skaters perform together as a team! They move as a flowing unit while creating intricate patterns on the ice. Come give it a try before we start a new team later this spring!

5:45 – 6:45pm

1 week, Wednesday Feb 19th. \$36



For your convenience, you can register online at www.skatetown.biz. Click on "Figure Skating," select "Learn to Skate" and then click on "Register Online." Sorry, NO registrations by telephone.

Programs and prices subject to change. For more information 1) visit our website - www.skatetown.biz, 2) contact our Skating Department at 916.783.8550 ext. 113 or skating@skatetown.biz or 3) visit the Front Desk

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