

SCHEDULE DESCRIPTIONS

- Freestyle sessions: Figure skating sessions designed for individual practice. Private lessons may be scheduled during this time.
- Moves in the Field sessions: Figure skating sessions designed for individual Moves in the Field practice. Private lessons may be scheduled during this time.
- Jumps & Spins classes: On ice group training classes designed to work on proper jump and spin technique as well as skill development.
- Skating Skills/Edges & Turn classes: On ice group training classes that emphasize proper skill technique as well as the introduction of future skills necessary for a skater's development.
- Power/Stroking class: On ice group training classes that emphasize proper skating technique and focus on the development of power, flow, quickness, and stamina.
- Off Ice Training: Off ice group training classes designed to meet the sport specific, physical training requirements of the sport. Classes include, but are not limited to, jumps, strength & conditioning, stretch & flexibility, USFS STARS training, core conditioning, skater's yoga, dance/artistry for skaters.