

Olympic Year 2010  
February through May



## I am a Figure Skater training at The Pond

A consistent training schedule is important!

I skate on Sundays, Wednesdays, and Saturdays.

I also have the options of picking up more time on Tuesdays and Thursdays after school.  
Extra Freestyle time is also available for practice every Tuesday and Thursday AM.

### Sundays: February 7 – May 30, 2010

February 7, 2010... 5:30pm – 7:00pm

February 21 – May 30th, 2010 ...5:30pm – 7:30pm

Exceptions: NO FEB 14<sup>th</sup>

### Tuesdays:

- Morning Ice Time is available from 6:15am – 8:15am (*contact Elisa Nash*)  
March 2 & March 9 ...3:10 - 4:10pm  
March 16 – June 8...3:30 – 5:00pm

### Wednesdays: September 9 – May 19, 2010

Chagrin Valley Figure Skating Club ice time from 4:30 – 5:30pm

### Thursdays:

- Morning Ice Time is available from 6:15am – 8:15am (*contact Elisa Nash*)

#### **Figure Skater's Floor & On Ice Technique Class**

*w/ Barbara Fitzgerald (see flyer for class description and pricing)*

Off Ice from 4-4:35pm (begins March 4 and 11th)

then take it on ice 4:40-5:40pm (March 18 - June 3)

**Power Skating:** *w/ John Michalak*

March 4 & 11<sup>th</sup> from 5:50-6:50pm, March 18 – June 3<sup>rd</sup> 4:40-5:40pm (*see flyer for description*)

### Saturdays: September 12 – May 22, 2010

Chagrin Valley Figure Skating Club ice time from 9:40 – 11:10am

Questions...Elisa@SkateAtThePond.com or 440 543-3884

**Always check [www.SkateAtThePond](http://www.SkateAtThePond.com)**

