

Off Ice Summer Figure Skating Classes "Creating a Complete Skater"

Mondays @ 12:40 –1:25pm
(6/15, 6/29, 7/6 ,7/20, 7/27, 8/3, 8/10, 8/17)
Register for 8 weeks \$80 / Walk on rate \$15.00
Creative Movement / Artistry off Ice
Instructor : Deana Gerbrick



All skaters in the class will bring a favorite CD or your iPod loaded with your personal skating favorites. You will learn new and creative movements to interpret your music selection. This is a learned skill that does improve with practice. Creative movement and Artistry will then enable you to have a repertoire of learned movements appropriate for any music on ice.
*Be prepared to swap music!

Wednesdays @ 1 - 1:45pm
(6/17, 7/1, 7/8, 7/22, 7/29, 8/5, 8/12, 8/19)
Register for 8 wks. \$80 / Walk on rate \$15
Circuit Training / Strength and Conditioning
Personal Trainer: Danette Lane ACSM, CPT

Essential to figure skating is core strength. Danette will be conducting a circuit training class utilizing light weights, resistance bands and stability equipment. Commitment to this 45 minute class will give you proven results in 8 weeks. Danette will gauge your progress on an individual basis.

- Please wear tennis shoes, bring a mat and water!

Private and Semi-private sessions by appointment



Monday Creative Movement / Artistry Weds. Circuit Training w/ Danette

Name _____ DOB _____

Address _____ City _____ State / Zip _____

Phone _____ Email _____

Visa / MC _____ Exp. _____ Amt.Pd _____

Checks made payable to The Pond