



## LSFSC SUMMER FIGURE SKATING PROGRAM

### **STARSKATE ON-ICE/OFF-ICE TRAINING PROGRAM**

*By combining the basics of dance technique with sports principals, we hope to provide an Off-Ice Training Program that will expand each skater's technical, physical and artistic abilities on the ice. Each week we will focus on flexibility, strength, stamina and choreograph.*

Week 1: July 3-7      Week 2: July 10-14  
Week 3: July 17-21      Week 4: July 24-28

### **INTERMEDIATE STARSKATE**

8:10 – 8:55 Int. Free Skate (skills, dance)

*Skaters work on skills and dance. Skaters wishing private lesson time must book directly with coaching staff.*

8:55 – 9:10 Int. Stroking

*All skaters have a group stroking lesson during this time.*

9:10 – 10:00 Off-ice (Instructor, Emily Ferroni)

10:00 – 10:20 Snack and skates on during flood (change room)

10:20 – 11:10 Int. Free Skate (skills, dance)

\*\*\*\* if you are scheduled to skate during week 1 (July 3-7), Monday and Wednesday and Thursday schedule is delayed by an hour. Skate will start at 9:10am on those three days ONLY.

### **SENIOR STARSKATE** *(see descriptors of sessions above)*

9:10 – 9:55 Free Skate (skills, dance)

9:55 – 10:10 Stroking

10:10 – 10:20 FLOOD

10:20 – 11:05 Off-Ice (Instructor Emily Ferroni)

11:10 – 12:00 Free Skate (skills, dance)

\*\*\*\* if you are scheduled to skate during week 1 (July 3-7), Monday and Wednesday and Thursday schedule is delayed by an hour. Skate will start at 10:10am on those three days

No refunds will be provided for skaters who miss days within the weekly program.

Week 4 on Friday will include a test day, no discounts are provided for skaters not wishing to participate in the test day.