

LSFSC

Summer Program 2018

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 choreography.

Week 1: July 2-6

Week 2: July 9-13

Week 3: July 16-20

Week 4: July 23-27



Lake Superior Figure Skating Club

280 Elizabeth Street,
P.O. Box, John Rhodes Centre
Sault Ste. Marie, ON, P6A 6J3
Phone Number 705-542-6557
www.lsfsc.ca
Email registration@lsfsc.ca

**LSFSC
Summer Skating
Program
2018**



The Lake Superior Figure Skating Club is pleased to announce their Summer Program 2018, July 2nd 27th .

Early Bird online registration

June 1st - 15th



Weekly Schedule

Senior StarSkate

8:10 – 8:55	Free Skate (skills, dance) <i>Skaters work on skills and dance. Skaters wishing private lesson time must book directly with coaching staff.</i>
8:55 – 9:10	Stroking <i>All skaters have a group stroking lesson during this time.</i>
9:10 – 10:00	Off-ice
10:00 – 10:20	Flood
10:20 – 11:10	Free Skate (skills, dance)

Junior/Intermediate StarSkate

9:10 – 9:55	Free Skate (skills, dance) <i>Skaters work on skills and dance. Skaters wishing private lesson time must book directly with coaching staff.</i>
9:55 – 10:10	Stroking <i>All skaters have a group stroking lesson during this time.</i>
10:10 – 10:20	Flood
10:20 – 11:05	Off-Ice
11:10 – 12:00	Free Skate (skills, dance)

Early Bird online registration

TWO WEEKS

June 1st-15th \$375.00

After June 15th \$400.00

Coaching Staff

Kerry Bain - akbain@shaw.ca

Debbie Gerow - debagerow@hotmail.ca

Danielle McPhee - danimcpheeo@gmail.com

Cassandra Snedden - cass.snedden@gmail.com

Early Bird online registration

FOUR WEEKS

1st-15th \$500.00

After June 15th \$525.00