

**LSFSC**

## **Summer Program 2019**

### **STARSKATE 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.

#### ***Summer Coaching Staff***

Kerry Bain - akbain@shaw.ca

Danielle McPhee - danimcpheeo@gmail.com

Faye Konopelky - konopelky@gmail.com

#### ***Off ice Instructors***

Tania Castellani - tania.castellani@gmail.com

Danielle McPhee - danimcpheeo@gmail.com



### **Lake Superior Figure Skating Club**

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P.O. Box, John Rhodes Centre

Sault Ste. Marie, ON, P6A 6J3

Phone Number 705-542-6557

[www.lsfsc.ca](http://www.lsfsc.ca)

Email [registration@lsfsc.ca](mailto:registration@lsfsc.ca)

# **Summer Skating Program 2019**



The Lake Superior Figure Skating Club is pleased to announce their Summer Program 2019, July 2nd 26th.

Early Bird online registration

May 15th - June 15th



# Weekly Schedule

Week 1 July 2nd - 8th, Week 2 July 8th - 12th

Week 3 July 15th- 19th, Week 4 July 22nd - 26th

## Junior/Intermediate StarSkate

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

## Senior StarSkate

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

Online registration

### ONE WEEK

\$275.00

No Early Bird registration

Early Bird online registration

### TWO WEEKS

May 15th - June 15th \$375.00

After June 15th \$400.00

Early Bird online registration

### THREE WEEKS

May 15th - June 15th \$450.00

After June 15th \$475.00

Early Bird online registration

### FOUR WEEKS

May 15th - June 15th \$500.00

After June 15th \$525.00