

LSFSC

Summer Program 2023

**STARSKATE
OFF-ICE TRAINING
PROGRAM**

By combining the basics of dance technique with sports principles, 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 - Kerry_bain@hotmail.com

Danielle McPhee - danimcpheeo@gmail.com

Off ice Instructors

Danielle McPhee

Dominique Lachapelle

Bayley Wilcox—Gymnast



Lake Superior Figure Skating Club

Northern Community Centre

556 Goulais Ave, Sault Ste. Marie ON

PO Box, P6C 5A7

Phone Number 705-542-6557

www.lsfsc.ca

Email registration@lsfsc.ca

**Summer Skating
Program
2023**



The Lake Superior Figure Skating Club is pleased to announce their Summer Program

2023, July 3rd - 28th.

July 28th-Test Day



Weekly Schedule

Week 1 July 3rd– 7th, Week 2 July 10th - 14th

Week 3 July 17th- 21st, Week 4 July 22th - 28th

Jr/Intermediate StarSkate

8:10 – 8:45	Free Skate <i>Skaters wishing private lesson time must book directly with coaching staff.</i>
8:45 – 9:00	Stroking <i>All skaters have a group stroking lesson during this time.</i>
9:10 – 9:50	Off-ice
9:55 – 10:15	Snack Break
10:10 – 10:20	Flood
10:20 – 11:00	Free Skate

Online registration

ONE WEEK

INT \$275.00

SR \$325.00

Online registration

TWO WEEKS

INT \$550.00

SR \$650.00

Senior StarSkate

9:10 – 9:55	Free Skate <i>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
10:15 – 10:55	Off-Ice
11:00 – 12:00	Free Skate

Online registration

THREE WEEKS

INT \$675.00

SR \$775.00

Online registration

FOUR WEEKS

INT \$750.00

SR \$850.00