



LEGACIES

TRAINING TEAMS



AGES 6-17

This program is designed to offer skaters the next steps to move forward competitively and train in small group settings. The on-ice training sessions focus on power, edge & artistry, spin & jump technique and overall skating development. The off-ice training sessions are built to enhance on-ice performance. The off-ice training includes jump & rotational training, proper warm-up & cool-down routines, ballet, jazz, conditioning & flexibility exercises.



**PLEASE SCAN ABOVE
FOR MORE INFORMATION
ON THE SCHEDULE**

**PRE-REQUISITES
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LEGACIES SAPPHIRES

- Must have passed Pre-Juvenile MIF Test
- AND
- Must be able to land a fully rotated Axel jump

LEGACIES RUBIES

- Completed LTS FS 5
- AND
- Must have passed Pre-Preliminary MIF Test
- AND
- Must be able to land a fully rotated Lutz jump



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THERE ARE NO MAKEUPS

ONCE REGISTRATION HAS BEEN PROCESSED THERE WILL BE NO CREDITS OR REFUNDS. PLEASE ENSURE YOUR SKATER CAN ATTEND THE SESSION ON ALL SCHEDULED DATES PRIOR TO REGISTERING.