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www.icedenscottsdale.com

2026 ICE DEN SCOTTSDALE SUMMER TRAINING CAMP

ON-ICE CLASS DESCRIPTIONS

Ice Den Directors reserve the right to place skaters in appropriate levels regardless of their test record.

OPEN FREESTYLE (OPEN FS)
Open to all skaters. No rental skates allowed. Parent & Pup through Basic 3 skaters must be accompanied by a coach for the entire freestyle session. Basic 4- Basic 6 skaters must be accompanied by a coach for at least a portion of the freestyle session. Reminder: This session is intended for the lower-level skaters and the rate of speed and safety for the skaters on the session must be respected.

Hockey players 11 and under must be in a coached lesson for the entire time of the session. Adult hockey players are allowed. No hockey gear or sticks allowed. Hockey helmets and gloves are allowed. Skaters must be in tracksuits. No ballcaps. Hockey players over 12 that are aware of the rules may practice on their own before or after their lesson. One skater per lesson only for hockey. Coaches must be on the ice the entire lesson to coach hockey. Coaches may not coach from the hockey box for any portion of the lesson. Hockey skaters must be informed of all FS skating rules. Example: right of way, music belt, jump & spin patterns, correct entrance & exit door. No push-ups, stationary cones, hockey gloves or stationary hockey sticks allowed on the ice as a teaching tool on a session with more than 10 skaters.

PRELIMINARY & UP FREESTYLE (PRELIMINARY & UP FS)
Skaters who are competing at Well Balanced Preliminary Free skate or higher. Excel competitors who are competing at the Excel Preliminary Plus level or higher. Adult skaters who have passed Adult Bronze Skating Skills test or higher. Dancers who are competing Preliminary dance.

If a skater does not compete in Singles, Dance, Pairs or Synchro - skaters must have passed Bronze Standard Skating Skills or Pre-Bronze pattern dance test. Teams: Qualifications for freestyle sessions are based on Pair or Free Dance level passed or competed by at least one member of the team.

Hockey Players: Must be ages 10 and up and working with a coach for the entire time. Adult hockey players are allowed. No hockey gear or sticks allowed. Hockey helmets and gloves are allowed. Skaters must be in tracksuits. No ballcaps. Hockey players over 12 that are aware of the rules may practice on their own before or after their lesson. One skater per lesson only for hockey. Coaches must be on the ice the entire lesson to coach hockey. Coaches may not coach from the hockey box for any portion of the lesson. Hockey skaters must be informed of all FS skating rules. Example: right of way, music belt, jump & spin patterns, correct entrance & exit door. No push-ups, stationary cones, hockey gloves or stationary hockey sticks allowed on the ice as a teaching tool on a session with more than 10 skaters.

JUVENILE & UP FREESTYLE (JUV & UP FS)
Skaters who are competing at the Well-Balanced Juvenile level and higher. Excel competitors who are competing at the Excel Juvenile Plus level or higher. Dancers who are competing Bronze Pattern or Juvenile combined. Dance teams: must have passed Juvenile Free Dance test by at least one member of the team. Pairs Teams: must have passed the Juvenile Pair test by at least one member of the team. Adult skaters: passed Adult Gold Skating Skills & are currently competing Championship Adult Gold or Adult Gold level.

If a skater does not compete in Singles, Dance, Pairs- skaters must have passed Silver Standard Skating Skills or passed at least 1 Pre-Silver dance test.

Travel Hockey Players: must be current travel players aged 11 and up. No adult hockey players or house hockey players are allowed. No hockey gear, hockey helmets or sticks allowed. Skaters must be in tracksuits. No ballcaps. Hockey players over 12 that are aware of the rules may practice on their own before or after their lesson. One skater per lesson only for hockey.

Coaches must be on the ice the entire lesson to coach hockey. Coaches may not coach from the hockey box for any portion of the lesson. Hockey skaters must be informed of all FS skating rules. Example: right of way, music belt, jump & spin patterns, correct entrance & exit door. No push-ups, stationary cones, hockey gloves or stationary hockey sticks allowed on the ice as a teaching tool on a session with more than 10 skaters.

INTERMEDIATE & UP FREESTYLE (INT – SR FS)
Skaters who are competing at the Well-Balanced Intermediate level and higher. An Excel competitor who are competing at Excel Intermediate Plus or higher. Dancers: passed 1 Silver dance test or competing Intermediate Combined or Pre-Silver Pattern Dance. Dance Teams: must have passed the Intermediate Free Dance test by at least one member on the team. Pairs Teams: must have passed the Intermediate Pair test by at least one skater of the team. Adult skaters: passed Adult Gold Skating Skills & currently competing at Gold Freestyle Level.

If a skater does not compete in Singles, Dance or Pairs and is working on Skating Skills only - skaters must have passed Pre-Gold Standard Skating Skills.

Travel Hockey Players: must be current travel players age 13 and up working with a coach. No adult hockey players are allowed. No hockey gear, hockey helmets or sticks allowed. Skaters must be in tracksuits. No ballcaps. Hockey players over 13 with a strong understanding of session rules may practice on their own before or after their lesson. One skater per lesson only for hockey.

DANCE & SKATING SKILLS FREESTYLE
This session has no level restrictions but is specifically for those working on solo/pattern dance or skating skills tests during this ice time.

ADULT 1 FREESTYLES
This session is not for skaters who are currently competing in Excel, Well balanced tracks, or retired skaters with Juvenile FS tests or higher.
Open to Adult Beginners or Recreational skaters as well as Adult Skaters working on Adult Singles Free Skating or Skating Skills Requirements for competition. Rate of speed and safety for all skaters on the session must be respected. Skaters must have their own skates to participate on these sessions. Figure and hockey skaters (no sticks) are welcome!
ADULT 2 FREESTYLES (No Level Restrictions)
Open to Adult skaters 18 years and older of any skill level.
Skaters must have their own skates to participate on these sessions. Figure and hockey skaters (no sticks) are welcome!

SPECIALTY 1
For skaters who have passed Pre-Freeskate through Juvenile Freeskate.

MONDAY 9:15 AM - 9:45 AM = JUMPS/SPINS
This class will focus on single and double jumps and variations of spins- including jump and spin combinations.

TUESDAY 9:15 AM - 9:45 AM = ADVANCED SKATING SKILLS CLASS
Class will focus on edge quality, turns, steps, speed, skating skills, extensions, shadow & tracking skills, presentation, and program components.

WEDNESDAY 9:15 AM - 9:45 AM = JUMPS/SPIN
This class will focus on single and double jumps and variations of spins- including jump and spin combinations.

THURSDAY 9:15 AM - 9:45 AM = PERFORMANCE PLUS
A fun class that focuses on spirals, ina bauers, spread eagles, musical interpretation, and performance enhancement.

FRIDAY 9:30 AM - 10:00 AM = FIGURES/TURNS
This class is designed to introduce basic turns, edges, balance & posture. Skaters will learn & practice the concepts of long & short axis, skating side & free side, inside & outside edges, & balance points on the blade. This class will advance into steps & turns required in the IJS system, as well as develop clusters from basic to difficult.

SPECIALTY 2
Monday: 1:15 PM - 1:45 PM = ADVANCED SKATING SKILLS CLASS
For skaters who have passed Preliminary Skating Skills through Senior Freeskate.

Class will focus on edge quality, turns, steps, speed, skating skills, extensions, shadow & tracking skills, presentation, and program components.

Wednesday: 1:30 – 2:00 PM = DOUBLE AXEL/TRIPLE JUMPS
For skaters working on double Axel through triple jumps.

ADVANCED ICE DANCING & SYNCHRONIZED SKATING SKILLS PROGRAM WITH TODD GILLES = Tuesday 3:45 PM - 4:30 PM
These classes are sold as a 9-class package or drop-in based on availability on Mindbody.

May 26 - August 4*
For skaters passed Pre Pre skills test and up.
**No classes June 30 or July 21*
This class is designed for skaters competing in Ice Dance, Solo Ice Dance (NSDS), and Synchronized Skating. Using creative exercises to enhance the fundamentals, skaters will improve their power, extensions, edge quality, and body alignment on the ice.

OFF-ICE CLASS DESCRIPTIONS

OFF-ICE JUMPS 1 **Monday = 10:00 AM - 10:45 AM**
For all skaters working on single jumps, Axel, and double jumps. Classes held at the Ice Den Scottsdale upstairs in the Apex Rink upstairs conditioning space. Skating or exercise attire only. TRAINING SHOES (sneakers, running shoes) and JUMP ROPE ARE MANDATORY. Classes will focus on jumping techniques, rotation, and landing positions. Taught by Ice Den PSA Rated coaches.

OFF-ICE JUMPS 2 **Monday = 11:45 AM - 12:30 PM**
For all skaters who have passed the Preliminary FS Test and above who are learning and mastering all double jumps (including double Axel), triple jumps, and double/triple jump combinations. Classes held at the Ice Den Scottsdale upstairs in the Apex Rink upstairs conditioning space. Skating or exercise attire only. TRAINING SHOES (sneakers, running shoes) and JUMP ROPE ARE MANDATORY. Classes will focus on jumping techniques, rotation, and landing positions. Taught by Ice Den PSA Rated coaches.

SEMI-PRIVATE OFF ICE TRAINING (AT IDP)
Monday= 5:30 PM - 6:30 PM **Tuesday & Thursday = 2:00 PM - 3:00 PM** **Friday = 11:00 AM - 12:00 PM**
Figure skaters will be guided through an individualized program that meets their needs by our highly qualified strength and conditioning specialists. In addition to individual needs, athletes' programs will be constructed with consideration of the competition schedule, and summer training history.

FOUNDATIONS OF OFF-ICE TRAINING (AT IDP) **Wednesday 2:15 PM - 3:15 PM**
This class is designed to start the figure skating athlete's long-term athletic development process and prepare the athlete for the demands of their sport. Training objectives will include general movement skill acquisition and the development of the musculature and energy systems that support the sport of figure skating. This class is aimed at providing athletes with the opportunity to develop familiarity with off-ice training strategies and to learn the importance of strength and conditioning training for the figure skating athlete.

BALLET 1 & 2 **Wednesday = 10:00 AM - 10:45 AM & Saturday = 12:15 PM - 1:00 PM**
A class designed for figure skaters of all levels. The instructor will start to advance Ballet 1 skills and work towards a level II syllabus. Skaters must have ballet slippers. Mandatory ballet or skating attire only. Girls hair must be tied back, bun recommended. Classes taught by Jaclyn Levine. Classes held at Ice Den Scottsdale upstairs in the Apex Rink upstairs conditioning space, or weekends in the Ballet Room.

BALLET 2 & 3 **Wednesday = 11:45 AM - 12:30 PM**

Open to all skating levels with previous ballet experience. Classes held at Ice Den Scottsdale upstairs in the Apex Rink upstairs conditioning space. Skaters must have ballet slippers. Mandatory ballet or skating attire only. Girl's hair must be tied back, bun recommended. Class will emphasize standard basic ballet positions and will be structured to assist figure skaters with correctness of posture, balance, and head/arm positions. There will be more focus on the quality of movement and attention to detail. Combinations will start to become more complex. Musicality, stamina, stretch and strength will be incorporated into the class while developing artistry. Classes taught by Jaclyn Levine.

POWER PILATES **Thursday = 10:00 AM - 10:45 AM**

"Power Pilates For Figure Skaters" is a class for ages 8 and up of any skill level. This class is designed to enhance abdominal core strength while increasing flexibility, extension, muscle isolation, balance, breathing techniques and mind-body awareness through controlled precise movements of the entire body. Pilates help build muscle endurance that allows an athlete to maintain energy and strength throughout their practice and performance. This will be a mat focused Pilates class. Skaters are required to bring a yoga mat to participate in the class. Classes held at Ice Den Scottsdale Apex Rink upstairs conditioning space.

STRETCH & STRENGTH 1 **Friday = 10:15 AM - 11:00 AM**

Taught by Jaclyn Levine and will focus on stretching and flexibility for figure skaters. A yoga mat is MANDATORY! Classes held in the Ice Den Scottsdale upstairs in the Apex Rink upstairs conditioning space. We work on core strength. To warm up and work on flexibility along with the strength to be able to hold the positions with control.

Stretch bands are recommended (www.superiorstretch.com) Skating or dance attire required. Hair must be pulled back neatly.

STRETCH & STRENGTH 2 **Friday = 11:45 AM-12:30 PM**

For all skaters who have attended extreme stretch classes in the past. Taught by Jaclyn Levine and will focus on stretching and flexibility for figure skaters at a more advanced level. Stretches and core work will advance. Complexity of stretches will work towards the positions needed for skating (Ex. Biellmann, Sasha, spirals, lay backs etc.) A yoga mat is MANDATORY! Classes held in the Ice Den Scottsdale Apex Rink upstairs conditioning space.

Stretch bands are recommended (www.superiorstretch.com) Skating or dance attire required. Hair must be pulled back neatly.

To ensure skaters get the maximum benefit from all classes, please pay special attention to the required dress code, footwear, and equipment.