

MAXIMIZE YOUR ON-ICE POTENTIAL --- WITH --- OFF-ICE CLASSES



MON

DRYLAND/OFF-ICE JUMPS
5:45 - 6:30 PM

TUES

STRETCH & STRENGTH
4:20 - 5:05 PM

THURS

BALLET 1
5:20 - 6:05 PM

STRENGTH & STRETCH
6:05 - 6:50 PM

BALLET 2
5:15 - 6:00 PM



ICE DEN
CHANDLER

Advance Online Registration Required
www.icedenchandler.com

ALL CLASSES WILL BE HELD IN THE ICE DEN CHANDLER PARTY ROOMS

Class details on back:

Always confirm most up-to-date schedules online.



DETAILED CLASS DESCRIPTIONS

MONDAYS 5:45 – 6:30 PM = DRYLAND TRAINING/OFF-ICE JUMPS

Strength and conditioning program for figure skaters ages 7 and up. Classes held in the Ice Den Chandler party rooms. Classes will focus on strength, power, cardiovascular conditioning, injury prevention, balance and coordination for skaters. Off-ice jumps will be included for single and double jumps. Skating or exercise attire only. Training shoes (sneakers/running shoes) are mandatory. Taught by Ice Den's PSA Master rated coaches.

TUESDAY 4:20 – 5:05 PM = STRETCH & STRENGTH | OPEN TO ALL AGES & SKATING LEVELS

Ballet experience not necessary.

This class is designed for all ages and levels. Flexibility and strength training is vital for all skaters. This class features a blend of core strengthening and flexibility exercises, designed specifically for skaters, and artistic athletes. The exercises target various muscle groups. The goal is to strengthen and lengthen these muscles to improve range of motion, perform higher jumps, increase extensions, and enhance elasticity without injuries. There will be a strong emphasis on strengthening the core and back muscles to enable control in body position. Emphasis is put on commonly used positions such as spirals, y-spirals, beillmanns, l-spin positions, illusions, split jumps etc. Yoga mats are required. Stretch bands are recommended (www.superiorstretch.com). Skating or dance attire required. Hair must be pulled back neatly. Taught by Jaclyn Levine, Director of Ballet.

TUESDAY 5:15 – 6:00 PM = BALLET 2

A class designed for figure skaters of all levels. The instructor will continue to advance Ballet I skills. Classes are held in the Ice Den's Party rooms. Skaters must have ballet slippers. Mandatory ballet or skating attire only. Girls' hair must be tied back, bun recommended. Class will emphasize more complex combinations, and coordination, musicality, stretch and strength, extensions, and control along with further developing standard basic ballet positions and will be structured to assist figure skaters with correctness of posture, balance, and head-arm positions. Taught by Jaclyn Levine, Director of Ballet.

THURSDAY 5:20 – 6:05 PM = BALLET 1 | OPEN TO ALL AGES & SKATING LEVELS

Ballet experience not necessary.

This is a beginning level ballet technique class. Ballet training at the foundational level will emphasize the understanding of correct body placement, proper use of turnout, coordination of the upper body and use of arms. Clear explanations of exercises and theory help students use the ballet vocabulary in a simple and practical way that leads to increased technical understanding, healthy physical development and lifelong enjoyment. Skaters who cross train with strong ballet technique, will have better form, posture, lines, musicality, fluidity, coordination, balance, positioning, grace, strength and agility on the ice. Skating or dance attire and ballet shoes are required. Hair must be pulled back neatly. Taught by Jaclyn Levine, Director of Ballet.

THURSDAY 6:05 – 6:50 PM = STRENGTH & STRETCH | OPEN TO ALL AGES & SKATING LEVELS

Ballet experience not necessary.

This class is designed for all ages and levels. Flexibility and strength training is vital for all skaters. This class features a blend of core strengthening and flexibility exercises, designed specifically for skaters, and artistic athletes. The exercises target various muscle groups. The goal is to strengthen and lengthen these muscles to improve range of motion, perform higher jumps, increase extensions, and enhance elasticity without injuries. There will be a strong emphasis on strengthening the core and back muscles to enable control in body position. Emphasis is put on commonly used positions such as spirals, y-spirals, beillmanns, l-spin positions, illusions, split jumps etc. Yoga mats are required. Stretch bands are recommended (www.superiorstretch.com). Skating or dance attire required. Hair must be pulled back neatly. Taught by Jaclyn Levine, Director of Ballet.

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