

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

MAX



MON

SEMI-PRIVATE
FIGURE SKATING TRAINING
AT ICE DEN PERFORMANCE*
4:00 PM - 5:00 PM

STRETCH & STRENGTH
5:45 PM - 6:30 PM

WED

BALLET 2
5:55 PM - 6:40 PM

THURS

SEMI-PRIVATE
FIGURE SKATING TRAINING
AT ICE DEN PERFORMANCE*
4:00 PM - 5:00 PM

SAT

BALLET 1
12:30 PM - 1:15 PM

\$20

per 45 min
class at IDS

Semi-Private
Training fees vary,
paid directly to
Ice Den
Performance



ICE DEN

SCOTTSDALE

ADVANCE ONLINE REGISTRATION REQUIRED

www.icedenscottsdale.com

PLEASE CHECK NEXT PAGE FOR CLASS LOCATIONS

Class Details on Reverse

Always confirm most up-to-date schedules online.



DETAILED CLASS DESCRIPTIONS

MONDAYS, TUESDAYS & THURSDAYS = 4:00 PM - 5:00 PM | SEMI PRIVATE FIGURE SKATING TRAINING

CLASSES HELD AT ICE DEN PERFORMANCE (IDP)

Semi-private training opportunities allow for skaters to 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 season, competition schedule and training history. Class fee paid directly to IDP.

Skating or exercise attire only. Training shoes (sneakers, running shoes) are mandatory.

MONDAYS = 5:45 PM - 6:30 PM | STRETCH & STRENGTH

CLASSES HELD IN PARTY ROOMS

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, I-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.

WEDNESDAYS = 5:55 PM - 6:40 PM | BALLET 2

CLASSES HELD AT ICE DEN SCOTTSDALE APEX UPSTAIRS CONDITIONING SPACE

Designed to advance the beginner ballet skills. More complex combinations and coordination, further development of standard ballet positions. Structured to assist figure skaters with correctness of posture, balance, and head/arm positions.

Skaters must have ballet slippers. Mandatory ballet or skating attire only. Long hair must be tied back, bun recommended.

Instructed by: Jaclyn Levine, Director of Ballet

SATURDAYS = 12:30 PM - 1:15 PM | BALLET 1

CLASSES HELD AT ICE DEN SCOTTSDALE APEX UPSTAIRS CONDITIONING SPACE

A class designed for figure skaters of all levels. The instructor will start to advance Ballet 1 skills and work towards a Ballet 2 syllabus.

Skaters must have ballet slippers. Mandatory ballet or skating attire only. Long hair must be tied back, bun recommended.

Instructed by: Jaclyn Levine, Director of Ballet

Always confirm most up-to-date schedules online.