

# NATIONAL SPORTS CENTER – FALL 1 2021

## Advanced Group Lesson Classes

### Learn to Skate PLUS (LTS+) On Ice Class

We will introduce many basic skating skills from various levels as well as introduce beginning jumps & spins. The LTS+ program is for Learn to Skate students who are interested in adding additional training to their group class or private lessons to fast track through the learn to skate levels, and introduce skills more specific to figure skating sooner than the traditional learn to skate program. <> **must also be enrolled in traditional group classes or private lessons**

#### DETAILS FOR TUESDAY CLASSES:

September 14, 21, 28, October 12, 19 (No class October 5)

Fee: \$67.50

<> Learn to Skate PLUS <> Pre-Alpha and Alpha Level Skaters <> 6:15 – 6:45 p.m.

<> Learn to Skate PLUS <> Beta, Gamma and Delta Level Skaters <> 6:45 – 7:15 p.m.

### ISI On Ice Freestyle Class

Group class for skaters who have passed at least the ISI Delta class.  
Class levels Freestyle 1 – 4, skaters will be grouped by ISI Freestyle level

#### DETAILS FOR TUESDAY CLASSES:

September 14, 21, 28, October 12, 19 (No class October 5)

Fee: \$75

Time: 6:15 – 6:45 p.m.

### Axel Axelerate Class

Group class for skaters interested in working on drills and exercises that are axel specific

#### DETAILS FOR TUESDAY CLASSES:

September 21, 28, October 12, 19 (No class September 14, October 5)

Fee: \$60

Time: 6:10 – 6:25 p.m. (Off Ice Front Meeting Room), 6:30 – 6:45 p.m. (On Ice Rink 3)

### Off Ice Technique Class

Half/Single Jumps to Axel, Flexibility, Movement, Spinner, Harnesses, Agility, Alignment & More

#### DETAILS FOR TUESDAY CLASSES:

September 21, 28, October 12, 19 (No class September 14, October 5)

Fee: \$60

Time: 6:55 – 7:30 p.m. (Off Ice Front Meeting Room),

**Anna Leik** | Super Rink | National Sports Center

Learn to Skate and Figure Skating

desk 763.717.3209 • email [aleik@superrink.org](mailto:aleik@superrink.org)