EMPOWER
YOUR FIGURE SKATING WITH
OFF-ICE CLASSES

ICE DEN CHANDLER
Creative Movement | Extreme Stretch | Ballet 1 | Ballet 2 | Off-Ice Jumps

MON | TUES | WED | THURS | FRI

MONDAYS: CREATIVEMOVEMENT (45 MINUTES) 5:45 - 6:30 PM
TUESDAYS: OFF-ICE JUMPS 1+2 (45 MINS) 5:45 - 6:30 PM
WEDNESDAYS: BALLET 2 (60 MINUTES) 4:45 - 5:45 PM
WEDNESDAYS: BALLET 1 (45 MINUTES) 6:00 - 6:45 PM
THURSDAYS: EXTREME STRETCH (45 MINUTES) 5:30 - 6:15 PM
FRIDAYS: OFF-ICE JUMPS 1+2 (45 MINUTES) 5:00 - 5:45 PM

$15 contract price per class
$20 per Drop-In per Class*

CLASSES HELD IN ICE DEN’S PARTY ROOMS

Classes are available to purchase on-line at:
SKATERICECHANDLER.COM

Class details on back! ➡

Always confirm most up-to-date schedules at
SkatericeChandler.com
Mondays: Creative Movement (45 Minutes) 5:45 - 6:30 PM
For all skaters ages 8 and up and all skating levels. Join coach Uyen for a fun, challenging class that will incorporate all genres of dance and movement. Skating or exercise attire only. Training shoes (sneakers, running shoes) are mandatory.

Tuesdays: Off-Ice Jumps (45 Minutes) 5:45 - 6:30 PM
For all skaters working on single jumps, axel jump through double jumps. Classes held in the Ice Den’s Party room. Skating or exercise attire only. Training shoes (sneakers, running shoes) are mandatory. Classes will focus on jumping techniques, rotation and landing positions. Taught by Ice Den PSA Rated coaches.

Wednesdays: Ballet 2 (60 Minutes) 4:45 - 5:45 PM
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 room. 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. Classes taught by Jaclyn Levine.

Wednesdays: Ballet 1 (45 Minutes) 6:00 - 6:45 PM
Open to all skating levels. All ages welcome. Ballet experience not necessary. Classes held in the Ice Den’s Party Room. 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, simple combinations, musicality, and will be structured to assist figure skaters with correctness of posture, balance and head/arm positions. Classes taught by Jaclyn Levine.

Thursdays: Extreme Stretch (45 Minutes) 5:30 - 6:15 PM
This class will focus on stretching and flexibility for figure skaters. Classes are held in the Ice Den’s Party room.

Fridays: Off-Ice Jumps (45 Minutes) 5:00 - 5:45 PM
For all skaters working on single jumps, axel jump through double jumps. Classes held in the Ice Den’s Party room. Skating or exercise attire only. Training shoes (sneakers, running shoes) are mandatory. Classes will focus on jumping techniques, rotation and landing positions. Taught by Ice Den PSA Rated coaches.

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