

OFF ICE CLASS DESCRIPTIONS/ FIGURE SKATING/ HOCKEY

FIGURE SKATING BASICS: *An introductory Beginner to Intermediate level Off-Ice Jump Technique and movement class for figure skaters. Jump technique is introduced for each of the single skating jumps in preparation for double jumps. Movement section of the class introduces basic ballet and movement for improving balance and flexibility for specific skating moves plus artistic presentation.*

**Recommended for US Basic Skills Level 3 through Basic Skills Freeskate Level 6, USFS Pre-Preliminary FS/MIF Test Level. 30 minutes.*

BALLET FOR SKATERS/ CORE CONDITIONING: *45 minutes of ballet and stretching to increase the power, beauty, fluidity and control necessary for the competitive skater followed by 15 minutes of pilates-inspired core conditioning movement. (Tuesdays and Thursdays is ballet only)*

BODY PUMP EXPRESS: *Strength training using barbells- timed intervals of classic weight room exercises such as squats, lifts, curls and lunges set to great music! Recommended for 13 and up only. 30 minutes.*

SPORT CORE AND STRETCH: *Core strengthening exercises for the powerhouse body followed by a deep stretch to increase flexibility. Great for increasing strength and injury prevention. All levels. 30 minutes.*

YOGA FOR JOCKS: *Yoga stretches geared for the athlete. No chanting or meditation! Mats provided. 30 minutes.*

JUMP TECHNIQUE: *Practice mastering each of the skating jumps on land for both single and double jumps! Jump technique is practiced in detail specific to preparation, take-off, air rotation and landing position. Correction exercises given for common jump errors.*

** Recommended for US Basic Skills Level 8 through USFS Pre-Preliminary through Senior FS/MIF Test Level practicing single and double jumps. 30 minutes.*

JUMP/TWISTER TRAINING: *Jumping and twisting technique instruction using "spinners." 30 minutes.*

BASIC FITNESS FOR KIDS: *Beginner to intermediate level fitness class for kids 7-12 years of age who wish to enhance their skating performance and improve fitness levels with better stamina, strength, balance, agility and flexibility.*

**Recommended for US Basic Skills Levels 1-8, US Basic Skills Hockey, US Basic Skills Freeskate Levels 1-6 and USFS Juvenile Test Level. 30 minutes.*



OFF ICE SYNCHRO: *Off Ice movement techniques geared for synchronized skating participants. No cost for Pepsi Ice Midwest synchro participants. 30 minutes.*

PRICING: \$10 drop in fee per class; 5 visit punch card \$35; 11 visit punch card \$70; 22 visit punch card \$140

Ballet: 5 visit punch card \$60; 10 visit punch card \$120

*Sports Nutrition counseling also available by registered dietitian- Lora Edwards, M.S.Ed., R.D.
For more information or nutrition appointment, visit www.metazonetraining.com*

OFF ICE TRAINING SCHEDULE/ PEPSI ICE MIDWEST FALL 2009/ FIGURE SKATING/ HOCKEY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00p-4:30 <i>Figure Skating Advanced Jump and Movement Karen</i>		4:00p-4:30 <i>Figure Skating Advanced Jump and Movement Karen</i>			10:15-10:45 <i>Figure Skating Basics Karen (Studio A)</i>
4:30p-5:30 <i>Intro to Ballet and Core Conditioning Madra/Lora</i>		4:30p-5:30 <i>Intro to Ballet and Core Conditioning Madra/Lora</i>			10:15a-10:45 <i>Jump Technique Wendy- Fitness Center</i>
5:30p-6:00 <i>Body Pump Express Lora</i>	5:20p-6:10p <i>Ballet Madra</i>	5:30p-6:00 <i>Body Pump Express Lora</i>	5:20p-5:50p <i>Jump/Twister Training Maryhelen</i>		11:35-12:05 <i>Basic Fitness for Kids Karen (Studio A)</i>
6:00p-6:30 <i>Sport Core and Stretch Lora</i>	6:10p-6:40p <i>Jump/Twister Training Maryhelen</i>	6:00p-6:30 <i>Yoga for Jocks Lora</i>	5:55p-6:40p <i>Ballet Madra</i>	5:30p-6:00p <i>OFF ICE Synchro Skaters Leah</i>	

Classes begin August 31, no class Labor Day Sep 7, Thanksgiving Day Nov 26

ALL CLASSES HELD IN STUDIO A EXCEPT SATURDAY JUMP TECHNIQUE

PUNCH CARDS AND PASSES AVAILABLE AT PEPSI ICE MIDWEST COURTESY DESK WWW.ICEMIDWEST.COM

913-851-1600