

All Classes will be taught by our Professional Coaching Staff

## On-Ice Classes

### Spin

Skater will focus on a different spin each class, working on improving technique and positioning of a spin. Also the knowledge a skaters must know for IJS.

### Edge/Power

Conditioning class of edges, power drills, turns, footwork combinations with a greater emphasis on the development of power and quality movement.

### Program Practice

Will be run as a competition with a 5min. Warm-up.  
Individual Skaters placed in random skating order. Competition Dresses required.

### Intro To Ice Dance

Introduction to beginner dances...Teaching steps, tracking, partnering and there will be testing opportunities.

## Off-Ice Classes

### CONDITIONING

Off-ice sessions, focus on building strength, power, speed and agility to help Figure Skaters excel athletically on the ice. Incorporation of flexibility and mobility exercises, coupled with their strength training, emphasize injury prevention to keep athletes on the ice longer and in top shape.

### BALLET

Ballet class will be instructed by, Julie Swartz who is the owner of Barre & Beyond. Class will focus on ballet fundamentals, posture, alignment and technique. Beginning at the barre, then progress to center work including turns and leaps to conclude with flexibility training.

### PILATES

Pilates is an ideal method of exercise for skaters since it improves core strength, posture, flexibility, coordination and balance. All the above helps skaters improve on their landings, air positions, spins and most importantly reduce the risk of musculoskeletal injury.



# 2018 FIGURE SKATING SUMMER CAMP



**Freestyle Sessions  
On & Off-ice Classes**



## NON CAMP WEEKS

- ◆ ONLY freestyle will be offered during non camp weeks.
- ◆ Daily freestyle schedule will be listed [www.xicenter.com](http://www.xicenter.com)
- ◆ Colored stickers purchased for Figure skating camp are NOT allowed during non camp weeks. ONLY white stickers which can be purchased at front desk.

## Simplified Summer FS Camp Instructions

1. Skater will receive an envelope with appropriate colored stickers when you arrive to Extreme Ice.
2. Skater will place stickers in book for the classes & Freestyle sessions that have been chosen.
3. Color coded stickers EXPIRE August 17, 2018  
**NO REFUNDS** will be issued for unused stickers for any reason.

### Questions Contact:

Danielle Logano, Summer FS Program Coordinator  
[DanielleL@xicenter.com](mailto:DanielleL@xicenter.com) or (704) 886-8838

Jenny Wesley Gwyn, Figure Skating Director  
[jennyg@xicenter.com](mailto:jennyg@xicenter.com) or (704)882-1830x208



*Extreme Ice Center*

4705 Indian Trail-Fairview Rd

Indian Trail, NC 28079

(704) 882-1830

# 2018 Summer Figure Skating Camp Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-6:30am OPEN FS	6:00-6:30am OPEN FS	6:00-6:30am OPEN FS	6:00-6:30am OPEN FS	6:00-6:30am OPEN FS
6:30-7:00am OPEN FS	6:30-7:00am OPEN FS	6:30-7:00am OPEN FS	6:30-7:00am OPEN FS	6:30-7:00am OPEN FS
7:00-7:30am OPEN FS	7:00-7:30am OPEN FS	7:00-7:30am OPEN FS	7:00-7:30am OPEN FS	7:00-7:30am OPEN FS
7:30-8:00am OPEN FS	7:30-8:00am OPEN FS	7:30-8:00am OPEN FS	7:30-8:00am OPEN FS	7:30-8:00am OPEN FS
8:10-8:40am Non Qualifying FS	8:10-8:40am Non Qualifying FS	8:10-8:40am Non Qualifying FS	8:10-8:40am Non Qualifying FS	8:10-8:40am Non Qualifying FS
8:40-9:10am Non Qualifying FS	8:40-9:10am Non Qualifying FS	8:40-9:10am Non Qualifying FS	8:40-9:10am Non Qualifying FS	8:40-9:10am Non Qualifying FS
9:10-9:40am OPEN FS	9:10-9:40am OPEN FS	9:10-9:40am OPEN FS	9:10-9:40am OPEN FS	9:10-9:40am OPEN FS
9:50-10:20am Qualifying FS	9:50-10:20am Qualifying FS	9:50-10:20am Qualifying FS	9:50-10:20am Qualifying FS	9:50-10:20am Qualifying FS
10:20-10:50am Qualifying FS	10:20-10:50 Qualifying FS	10:20-10:50am Qualifying FS	10:20-10:50 Qualifying FS	10:20-10:50am Qualifying FS
10:50-11:20am OPEN FS	11:05-11:20am Qualifying Edge	11:05-11:20am Qualifying Edge	11:00-11:30am Q Program Practice	10:50-11:20am OPEN FS
11:20-11:50am OPEN FS	10:50-11:05 NQ Edge/Power	10:50-11:05 NQ Edge/Power	11:30-12:00pm OPEN FS	11:20-11:50am Intro to Ice Dance
11:50-12:20pm High/Low Spin Class	11:20-11:50am OPEN FS	11:20-11:50am OPEN FS	12:00-12:30pm NQ Program Practice	
	11:50-12:20pm OPEN FS			
<b>OFF ICE</b>	<b>OFF ICE</b>	<b>OFF ICE</b>	<b>OFF ICE</b>	
8:10-9:00am Qualifying Ballet	12:00-12:50pm Qualifying Off ice	8:10-9:00am Qualifying Pilates	12:00-12:50pm Qualifying Off ice	
9:50-10:40am Non Qualifying Ballet	9:50-10:40am Non Qualifying Off-ice	9:50-10:40am Non Qualifying Pilates	9:50-10:40am Non Qualifying off ice	

## Gold Package = \$240

20 Freestyle Sessions  
4 Off ice classes  
4 On Ice classes

## Silver Package = \$150

12 Freestyle Sessions  
2 Off ice classes  
2 On Ice classes

## A La Carte/Design Own Package

Program Practice \$10  
15min. Edge/Power Class \$10  
30min. Spin Class \$20  
50min. Ballet Class \$20  
50min. Off Ice Conditioning Class-\$20  
50min. Pilates Class \$20  
Intro to Ice Dance \$20

ALL SUBMISSIONS  
COMPLETED ONLINE  
WWW.XICENTER.COM

- Visit website-Scroll to bottom page-Click Registration/ Account Management>Create Account-Enroll & Register.
- Walk-ons: Additional \$5 to the original price per class

## SKATING CAMP WEEKS

- Wk#1 June 18- June 22 \_\_\_\_\_pkg.  
Wk#2 June 25-June 29 \_\_\_\_\_pkg.  
Wk#3 July 9-July 13 \_\_\_\_\_pkg.  
Wk#4 July 16-July 20 \_\_\_\_\_pkg.  
Wk#5 July 23-July 27 \_\_\_\_\_pkg.  
Wk#6 July 30-August 3 \_\_\_\_\_pkg.  
Wk#7 August 6-August 10 \_\_\_\_\_pkg.  
Wk#8 August 13-August 17 \_\_\_\_\_pkg.

### Level Requirements

*Freestyle, On-Ice & Off-Ice Classes*

OPEN Freestyle/ Freeskate 1 & Up  
Program Practice/ See levels in block

### Non Qualifying Level – Based on tests Passed

Freestyle/ No Test-Pre Juvenile

(No Test- must be Working on Lutz)

On Ice Class/ No Test-Pre-Juvenile MIF  
Off Ice Class/ Freeskate 1- Pre-Juvenile MIF

### Qualifying Level – Based on tests Passed

Freestyle/ Juvenile-Senior Freestyle  
On Ice Class/ Juvenile FS-Senior Freestyle

- Skaters below session level may skate on a higher session **ONLY** when in a lesson
- Please consult with your coach prior to purchasing packages to ensure you have selected the correct level for classes & freestyle sessions.
- Skaters Highest Freestyle test passed decides skaters session level.

**ALL Submissions MUST be completed 48hrs. Before**