

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 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 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 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.



10% OFF
Register Before
5/31

2019

FIGURE SKATING **SUMMER CAMP**



Freestyle Sessions *On & Off Ice Classes*



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/
Nov, Jr, Sr may NOT skate NQ sessions)**

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 On & Off Ice Classes will be taught by our Professional Coaching Staff

Questions Contact:

Danielle Logano, Summer FS Program Coordinator
DanielleL@xicenter.com
Jenny Wesley Gwyn, Figure Skating Director
Jennyg@xicenter.com

2019 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 Qual Edge/Power	11:05-11:20am Qual Edge/Power	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 Spin Class ***	11:20-11:50am OPEN FS	11:20-11:50am OPEN FS	12:00-12:30pm NQ Program Practice	
12:20-12:50pm Low Spin Class ***	11:50-12:20pm OPEN FS			
OFF ICE	OFF ICE	OFF ICE	OFF ICE	
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	

SKATING CAMP WEEKS

-All Registrations must be completed online.
 Packages are closed on the **Wednesday** preceding the start date of the camp week.

ALL Submissions MUST be completed 48hrs. Before

Wk#1 June 17– June 21 **“S.T.A.R.S COMBINE”**

Wk#2 June 24-June 28

Wk#3 July 8–July 12

Wk#4 July 15-July 19

Wk#5 July 22-July 26 **“PERFORMANCE”**

Wk#6 July 29-August 2

Wk#7 August 5-August 9

Wk#8 August 12-August 16 **“THEME”**

(***spin class exceptions all levels on the ice on 6/17 & 7/15)

Gold Package = \$285

- 30 Freestyle Sessions
- 4 Off ice classes
- 4 On Ice classes

Silver Package = \$165

- 15 Freestyle Sessions
- 2 Off ice classes
- 2 On Ice classes

A La Carte/Design Own Package

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

Separate Registration Online

- Program Practice \$10
- Off-Ice Spin Info Coming Soon!

For more detailed instruction,
 visit our website
 www.xicenter.com