

**SUMMER 2026
Figure Skating
TRAINING OVERVIEW**



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SUMMER 2026

(Schedule is "Subject to Change" based on class enrollments - special events)

- June 15-19
- June 22-26
- June 29-July 2 / (Fri, July 3 - OPEN FS's)
- July 6-10
- July 13-17
- July 20-24
- July 27-31
- August 3-7
- August 10-14 *SPIRIT WEEK!!!*

Questions / Need Assistance??
Jenny Wesley Gwyn
Extreme Ice Center / Figure Skating Director
Jennyg@xicenter.com / (704)882-1830 x 208

(if viewing online - Click the Link below)

- ** SUMMER PACKAGE LINK:** [Figure Skating Programming - Dash](#)
- ** SUMMER ALA CARTE OPTIONS:** [Figure Skating Programming - Dash](#)

Note that all stickers purchased in "Summer Package Link" are only eligible to be used for the Summer Training FS Mornings, Mon through Fri and expire Fri, Aug 14, 2026.
*** Beginning Fall 2026 the new "Charlotte Ice" Figure Skating Programming will begin alternative registration format. - Make every effort to use your stickers over this summer 2026 to be ready for the transition. Details will be announced as the registration system is prepared and information is organized for our XIC FS Community.*

Gold Package = \$295

- * 30 (30min) Freestyles (All Stickers purchased in special packages Expire at Aug 14, 2026)
- * "Spin Lab" Class for use in selected Summer Program week your purchase is selected for.
- * Edge Mastery Class for use in selected Summer Program week your purchase is selected for.
- * Program Practice for use in selected Summer Program week your purchase is selected for.

NOT INCLUDED IN PACKAGE
***** OFF ICE CLASSES SOLD SEPARATELY TO "BEYOND THE ICE" or Off-Ice Instructor**

Silver Package = \$170

- * 15 (30min) Freestyles (All Stickers purchased in special packages Expire at Aug 14, 2026)
- * "Spin Lab" Class for use in selected Summer Program week your purchase is selected for.
- * Edge Mastery Class for use in selected Summer Program week your purchase is selected for.

NOT INCLUDED IN PACKAGE
***** OFF ICE CLASSES SOLD SEPARATELY TO "BEYOND THE ICE" or Off-Ice Instructor**

Skaters may use/purchase Regular Freestyle Stickers *(see note in green above for planning)*

Regular Sticker Rates Available for Stickers Only: 10 (30min) Stickers = \$95.00 / 30 (30min) Stickers = \$250.00 / 1 Single (30min) available - ask at Front Desk

***** Off-Ice classes are paid separately to the instructor or "Beyond the Ice"**

PRE-PURCHASED GOLD & SILVER PACKAGE FREESTYLE STICKERS MAY BE PICKED UP ON THE MONDAY MORNING OF TRAINING WEEK (Skaters name will be written into class roster)

***** ALA CARTE:** Program Practice, "Spin Lab", and 15min Edge Class will require Pre-Registration

***** Gold Packages and Silver Packages require Online Pre-Registration Purchases**

***** Register by June 13, 2026 for EarlyBird Discount! Additional 10% Discount will be automatically applied at checkout through 11:59pm on 6/13/2026.**

***** RSVP for class attendance for instructors to plan accordingly - questions for RSVP enrollment, Jennyg@xicenter.com**

***** FS Sticker must be placed on the Log Sheet prior to entering the ice / 2 Sticker Penalty will be in affect for missing stickers**

***** Do not enter the ice prior to the starting time of any session**

***** Parents/Spectators must remain in the lobby or upstairs area during training day, unless invited to the ice area by Coach/Director.**

***** Skaters/Parents always check with your coach for the best options for classes and training days that will match your level and readiness.**

SUMMER 2026 - FIGURE SKATING TRAINING OVERVIEW



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
8:10-9:00am	Pre-Premier Off-Ice Jump / Ballet OFF-ICE	8:15-9:00am	Pre-Premier Off-Ice Strength & Conditioning	8:15-9:00am	Pre-Premier Power & Precision	8:15-9:00am	Pre-Premier Off-Ice Dance Style & Technique	8:10-8:40am	PREMIER JUV-SR CHAMP FS
8:10-8:40am	PREMIER JUV-SR CHAMP FS	8:10-8:40am	PREMIER JUV-SR CHAMP FS	8:10-8:40am	PREMIER JUV-SR CHAMP FS	8:10-8:40am	PREMIER JUV-SR CHAMP FS	8:40-9:10am	OPEN FS
8:40-9:10am	PREMIER JUV-SR CHAMP FS	8:40-9:10am	PREMIER JUV-SR CHAMP FS	8:40-9:10am	PREMIER JUV-SR CHAMP FS	8:40-9:10am	PREMIER JUV-SR CHAMP FS	9:10-9:40	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	9:50-10:20	OPEN FS
9:50-10:20am	OPEN FS	9:50-10:20am	OPEN FS	9:50-10:20am	OPEN FS	9:50-10:20am	OPEN FS	10:20-10:50	OPEN FS
10:20-10:50am	OPEN FS	10:20-10:50am	OPEN FS	10:20-10:50am	OPEN FS	10:20-10:50am	OPEN FS	10:50-11:20	OPEN FS
10:50-11:20am	OPEN FS	10:50-11:20am	OPEN FS	10:50-11:20am	OPEN FS	10:50-11:20am	OPEN FS	11:20-11:50	Ice Dance/Skating Skills Ice
11:30-12:00pm	OPEN FS	11:30-12:00pm	OPEN FS	11:20-11:50am	OPEN FS	11:30-12:30	Performance Thursdays (Program Practice)	Questions / Need Assistance?? Jenny Wesley Gwyn Extreme Ice Center Figure Skating Director Jennyg@xicenter.com / (704)882-1830 x 208	
12:00-12:30pm	SPIN LAB (PRE-PREMIER / EXCEL / PREMIER)	12:00-12:30pm	EDGE MASTERY & TURN TECH						
12:40-1:25pm	PREMIER BALLET	12:40-1:25pm	PREMIER Off-Ice Strength & Conditioning	12:00-1:00pm	ELEVATE / \$25.00 ea sk8r	12:40-1:25pm	PREMIER Dance Style & Technique		
12:40-1:20pm	Pre-Premier ROTATION CREATION / \$25 ea sk8r								

PROGRAM / CLASS LEVELS:

PREMIER JUV-SR CHAMP FS: Double Loop and Higher / Intermediate through Senior Skating Skills / by Coach Invitation for Private Lesson

Pre-Premier FS Level: Single Jumps through Double Salchow/Double Toe Loop /Preliminary through Juvenile Skating skills

FREESTYLE/SKATING SESSIONS:

OPEN FREESTYLE: OPEN TO LEVELS FS1 & HIGHER (30min FS STICKER REQUIRED per session/starts 30min from start of block)

PREMIER JUV-SR CHAMP FS: Double Loop & Higher Jumps / by invitation for Private Lesson specifically by coach - must be in a lesson (30min FS STICKER REQUIRED per session/starts 30min from start of block)

Ice Dance/Skating Skills: Session specifically for Ice Dance, Skating Skills, Step Sequence Work (NO JUMPS) -- (30min FS STICKER REQUIRED per session/starts 30min from start of block time)

FIGURE SKATING GROUP TRAINING:

Class Options:

SPIN LAB: 30min On-Ice Spin Class / separated by levels - \$25.00 PER CLASS pre-register on DASH

EDGE MASTERY CLASS: 15min Premier Level Class / 15min Pre-Premier - \$20.00 PER CLASS pre-register on DASH



Off-Ice Classes offered by "Beyond the Ice" and XIC Figure Skating Coaches

Reach out directly to reserve your Specialized Dance / Fitness / and more Private Lessons with "Beyond the Ice" off ice: <https://www.beyondtheice.org/pricing>

For details at "Beyond the Ice" email julie@beyondtheice.org

Ballet: This class will focus on ballet fundamentals, posture, alignment, and technique. Beginning at the barre, progressing to center work which includes extension, jumps, and turns.

Power & Precision: An off-ice class focused on plyometrics, balance, and alignment to build power, control, and confidence on the ice.

Strength & Conditioning: A total-body workout class aimed to strengthen and tone muscles. This class will also include cardio segments for stamina and endurance.

ELEVATE: Designed to begin your jump journey or refine advanced skills. Each session blends strength conditioning and jump technique to improve core stability, air awareness, rotation, and landing control. \$25.00 per skater / per class

Flexibility & Recovery: This class will introduce athletes to stretching techniques and exercise to help increase total range of motion and mobility. Foam rolling will also be involved in this class to help reduce muscle tightness and improve circulation.

ROTATION CREATION with Michele & Jillian:

Group class offering athletes the combination of Bungee, Bronson Spinner, and Off Ice Drills to increase balance and rotation. Help to achieve advanced jumps faster!

Taught by Coach Jillian and Coach Michele / 40min class - \$25.00 per skater / per class

