

## ~ Summer 2022 Figure Skating ~

**Exhibition Ice** – The Ice Centre is offering skaters the opportunity to practice their programs in an exhibition setting on Thursdays throughout the summer. Skaters will be able to register online starting at 10:00am on the Monday for the current week to perform one program in the exhibition (6/23 and 7/7 exhibition dates - skaters will register the Friday before instead). Cost is \$12.50 and it is first come, first serve since space is limited, so make sure to register early. Skaters will then be placed in groups based on skating level and we will mix up skating times each week for the different levels so there is some variety. We will post the skating order by Wednesday on the figure skating locker room door. Dates offered for exhibition ice are 6/9, 6/16, 6/23, 7/7, 7/21 and 7/28. Skaters will register online through the figure skating registration page – no registrations will be done in person.

**Edge Class** – This class will incorporate all the skills needed to increase the skater's component marks with an emphasis on edge work, control, body awareness, line, and ease of movement. This class focuses on building a strong foundation in figure skating through exercises incorporating turns in both directions. Skaters will work together in groups, and we are offering two classes, Edge High (H) for skaters who are Novice-Senior skating levels and then Edge Medium/Low (M/L) for skaters who are Pre-Preliminary-Intermediate skating levels. Instructors for the classes will rotate between Robyn Sudkamp, George Selimos and Scott Brown. Cost is \$7.00 a class. Skaters will register online through the figure skating registration page.

**Stroking Class** – This class will introduce our Basic 3-Pre-Preliminary skating levels on how to maximize their overall power on the ice through their edges, knees and feet while focusing on flow, technique, cardio conditioning, and stamina. The class will also explore movement to music while individual and group exercises are incorporated to enhance creativity and performance quality. Instructor for this class will be Leanne Fanning. Cost is \$14.00 a class. Skaters will register online through the figure skating registration page.

**Rocky Mountain Figure Skating Academy (RMFSA) Aspire Program** – The RMFSA Aspire Program is a figure skating bridge program that introduces skaters from our Learn to Skate program into the world of competitive figure skating as well as gives our skaters who are in the Free Skate levels and up the opportunity to continue to develop their skills in a fun atmosphere. The RMFSA Aspire classes will be on Wednesdays during the summer from 5:30pm-6:15pm. Skaters will work together in groups based on their skating levels. Cost for the whole 7-week session is \$140.00 or skaters may choose to drop-in for a class and the cost is \$23.00/class. Dates offered are 6/8, 6/15, 6/22, 7/6, 7/13, 7/20 and 7/27. Register for the whole session by visiting the RMFSA Aspire Program page of our website or to drop-in for the class, skaters will register online through the figure skating registration page.

### ~ Additional training options available from some of our staff coaches ~

**On-Ice Power and Skating Skills Classes offered by Brad Kleffman** – Brad Kleffman will be offering both on-ice and off-ice classes for figure skaters of all levels who want to take their skating to the next level. The Skating Skills classes will be offered on Tuesdays and Thursdays in the mornings and then the Power classes will be offered on Wednesdays in the early evenings. For more information on these on-ice classes, as well as the several other off-ice classes he is offering, please visit his website at [www.dynamofigureskating.com](http://www.dynamofigureskating.com) or you can contact Brad at [dynamofigureskating@gmail.com](mailto:dynamofigureskating@gmail.com). Skaters will register and pay for these classes directly to Brad.

**Off-Ice Ballet and Pilates Classes offered by Christopher Darling** – Christopher Darling will be offering both Ballet and Pilates classes for figure skaters of all levels. The summer ballet classes will comprise of classical ballet training with the emphasis on body line, musicality, turn out, correct placement, and muscle strengthening and flexibility. Ballet classes will be offered on Tuesdays from 1:55pm-2:40pm and Wednesdays from 2:30pm-3:15pm. The Pilates class will focus on the fundamentals of Pilates and how to use your core to make it stronger and more stable for skating. Pilates will be offered on Fridays from 1:15pm-2:00pm. For more information on these classes, please contact Christopher at [cdarling.sk8r@gmail.com](mailto:cdarling.sk8r@gmail.com). Skaters will register and pay for these classes directly to Christopher.

**Off-Ice Jump, Stretch and Conditioning Classes offered by Robyn Sudkamp and George Selimos** – Robyn Sudkamp and George Selimos will be offering jump, stretch and conditioning classes that will be geared towards the competitive skater to help develop important components of a well-rounded athlete. Off ice jump technique and exercises will be covered. Stretch, strength, and flexibility exercises will challenge and push skaters to their potentials. Classes are on Mondays and Wednesdays from 1:15pm-2:00pm. Skaters will register and pay for these classes directly to Robyn and George. For more information, email Robyn at [rsudkamp@yahoo.com](mailto:rsudkamp@yahoo.com). Skaters can register here: <https://docs.google.com/spreadsheets/d/1C5Voc-BVV8GF70vacpRVHk5iHTEHBJ2ejd8Rjt6b0eU/edit#gid=0>