



Twin Rinks Summer 2024 FS On and Off Ice Class Info

Beat the summer heat while staying active on the ice! Our on and off ice summer FS classes cater to all skaters competing FS 1 through Senior. With expert instruction, your skater will gain confidence and improve their coordination on and off the ice.

Levels:

Low: Current Twin Rinks FS Performance skaters or competing Pre Preliminary through Pre-Juvenile

Intermediate: Competing Juvenile through Intermediate

High: Competing Novice through Senior

All skaters must be in class according to their FS competing level, unless approved by skating director.

On Ice Instruction: Skaters will register online for these classes and do not need to pay the coach.

Monday:

8:10 – 8:40 on Red	Low and Intermediate Power with Vicka
8:20 – 8:50 on Blue	Intermediate and High Spin with Denise and Dana
12:30 – 1:00 on Red	Low and Intermediate Edge with Beth

Tuesday:

8:10 – 8:40 on Red	Low Edge with Dana
8:20 – 8:50 on Blue	Intermediate and High Edge with Jeremy
12:30 – 1:00 on Red	Low and Intermediate Spin with Alana

Wednesday

8:10 – 8:40 on Red	Low Edge with Christina
8:20 – 8:50 on Blue	Intermediate and High Edge with Kseniya
12:30 – 1:00 on Red	Low and Intermediate Ice Dance with Kevin

Thursday:

8:10 – 8:40 on Red	Low Edge with Nick
8:20 – 8:50 on Blue	Intermediate and High Edge with Tommy
12:30 – 1:00 on Red	Low and Intermediate Jump with Nick

Off Ice Instruction: Skaters will register online for these classes and will need to pay the coach \$10 cash. Coach Fisch's class is the only class that needs pre-approval from Coach Fisch. Please email him to join the class fishatc41@gmail.com

Off ice classes are open to all levels of skaters.

Monday:

9:45 – 10:15 in party room	Jump Technique with Dana
11:55 – 12:25 in party room	Body movement with Nicole
1:15 – 2:00 in party room	Coach Fisch
2:15 – 3:00 in party room	Coach Fisch

Tuesday:

9:45 – 10:15 in party room	Jump Technique with Vicka
11:55 – 12:25 in party room	Cardio and Core with Alana

Wednesday

9:45 – 10:15 in party room

11:55 – 12:25 in party room

1:15 – 2:00 in party room

2:15 – 3:00 in party room

Body Movement with Kseniya

Yoga with Hallee (Hallee is a certified yoga instructor) *Bring yoga mat or towel

Coach Fisch

Coach Fisch

Thursday:

9:45 – 10:15 in party room

11:55 – 12:25 in party room

1:15 – 1:45 in party room

Jump Technique with Nick

Sculpt and Stretch with Samantha (Samantha is a certified personal trainer with specialized certifications in yoga sculpt, mat pilates, and interval strength training.)

Strength and conditioning with Samantha

Friday:

1:45 – 2:30 in party room

2:30 – 3:15 in party room

Coach Fisch

Coach Fisch

Twin Rinks Summer FS On and Off Ice Class Descriptions

On Ice Classes

Edge: Focus on maximizing edge to create more power control and balance

Power: Teaches creating more effective and efficient ways to increase speed and stamina

Spin: Create more centered spins with additional revolutions in a variety of positions

Ice Dance: Learn timing, edge quality, and rhythm

Jump: Fundamentals of jumping: set up, load, transition, pivot, take off, flight, landing, and exit

Off Ice Classes

Jump Technique: Isolating jump positions and building strength in legs and core.

Body Movement: Learn how to move body and interpret music to help with drama and emotion

Cardio and Core: Build endurance and create better balance and core strength

Yoga: Focus on strength, balance, and coordination through basic and challenging yoga poses

Sculpt and Stretch: Breath work, core strength moves, and stabilizing exercises.

Strength and Conditioning: Total body workout designed to tone, lengthen, and sculpt