

# MAXIMIZE YOUR ON-ICE POTENTIAL --- WITH --- OFF-ICE CLASSES

MAX



## MON

OFF-ICE JUMPS  
5:40 PM - 6:10 PM

OFF-ICE DANCE  
FOR FIGURE SKATERS  
6:10 PM - 6:40 PM

## TUES

OFF-ICE  
SPINNER CLASS  
4:45 PM - 5:15 PM

## THURS

BEGINNER BALLET  
5:20 PM - 5:50 PM

STRETCH & STRENGTH  
5:50 PM - 6:20 PM

**\$15**  
per 30 min.  
class



ADVANCE ONLINE REGISTRATION REQUIRED

[www.icedenchandler.com](http://www.icedenchandler.com)

PLEASE CHECK NEXT PAGE FOR CLASS LOCATIONS



Class Details on Reverse

Always confirm most up-to-date schedules online.

# DETAILED CLASS DESCRIPTIONS

## **MONDAYS = 5:40 PM – 6:10 PM | OFF-ICE JUMPS**

### **Open to all ages and levels.**

For any skater working on single jumps, axels, or double jumps. Classes will focus on jumping techniques, rotation and landing positions. *Running/athletic shoes and skating/exercise attire required. Hair must be pulled back.*

## **MONDAYS = 6:10 PM – 6:40 PM | OFF-ICE DANCE FOR FIGURE SKATERS**

### **Open to all ages and levels.**

Class curriculum will include contemporary, lyrical, jazz and ballroom dance, body movement, artistry, creativity, expression, body lines/extension.

*Skating/exercise attire required. Hair must be pulled back.*

## **TUESDAYS = 4:45 PM – 5:15 PM | OFF-ICE SPINNER CLASS**

### **Open to all ages and levels.**

This off-ice class will focus on spin positions, jump takeoffs and electric spinner time. Skaters can learn balance, spin speed, positions and how to work on jumps and spins with an off-ice spinner. If you own an off-ice spinner please bring it to class with you

*Running/athletic shoes and skating/exercise attire required. No exceptions.*

## **THURSDAYS = 5:20 PM – 5:50 PM | BEGINNER BALLET**

### **Open to all skating levels and ages. Ballet experience not necessary.**

Class will emphasize standard ballet positions and combinations. Structured to assist figure skaters with correctness of posture, balance, musicality, range of motion, and increase extensions.

*Ballet/skating attire and ballet slippers are mandatory. Hair must be pulled back. Instructed by: Jaclyn Levine, Ice Den Director of Ballet*

## **THURSDAYS = 5:50 PM – 6:20 PM | STRETCH & STRENGTH**

### **Open to all skating levels and ages.**

Flexibility and strength training is vital for all skaters. This class features a blend of core strengthening and flexibility exercises designed specifically for skaters and artistic athletes. The exercises target various muscle groups. The goal is to strengthen and lengthen these muscles to improve range of motion, perform higher jumps, increase extensions and enhance elasticity without injuries. There will be a strong emphasis on strengthening the core and back muscles to enable control in body position. Emphasis is put on commonly used positions such as spirals, y-spirals, beillmanns, l-spin positions, illusions, split jumps etc.

*Yoga mats are required. Skating or dance attire required. Hair must be pulled back. Instructed by: Jaclyn Levine, Ice Den Director of Ballet*

**ALL CLASSES WILL BE HELD IN THE ICE DEN CHANDLER PARTY ROOMS. ALL CLASSES ARE 30 MINUTES IN LENGTH.  
SKATING/EXERCISE/BALLET ATTIRE & REQUIRED BALLET OR ATHLETIC SHOES AS NOTED.**

**Always confirm most up-to-date schedules online.**