



2020 ICE DEN CHANDLER SUMMER TRAINING CAMP

ON-ICE CLASS DESCRIPTIONS

Ice Den Directors reserve the right to place skaters in appropriate levels regardless of their test record.

OPEN FREESKATE (OPEN FS)

Open to all skaters who have passed Basic 6 and above. Skaters lower than Basic 6 must be accompanied by a coach for at least a portion of the freestyle session.

PRELIMINARY & UP FREESKATE

Skaters who have passed Preliminary Freeskate and above. Adult skaters who have passed Adult Silver Freeskate test or higher. Dancers who have passed all the Bronze dances and above.

Teams: Qualifications for freestyle sessions are based on pair or free dance level passed by at least one member of the team. Ice Den Chandler Directors reserve the right to place skaters in appropriate levels regardless of their test record.

ADULT OPEN FREESKATE (ADULT OPEN FS)

These freestyle sessions are open to all figure skaters age 18 and over. All levels welcome. Skaters must have their own skates.

SPECIALTY CLASS

For all skaters passed Basic Skills Level 6 and above. Classes will incorporate all aspects of skating through stroking, edge, jumps, spins, field moves, program components and footwork exercises. Classes will be divided on ice by skater's ability. Taught by Ice Den PSA Rated coaches.

Monday, Wednesday & Friday = 9:30 AM - 10:00 AM

Monday: Edge/power/jumps

Wednesday: Edge/power/spins

Friday: Edge with an Olympian

Tuesday & Thursday = 9:15 AM - 9:45 AM

Tuesday: Professional Ice Show Class

Thursday: Edge/power/musicality

SYNCHRONIZED SKILLS CLASS

Tuesday = 12:45 PM - 1:45 PM (STARTS 6/16)

This 60-minute class is designed for all synchronized skating team members and for skaters of ALL disciplines looking to improve on the following skills: Edge quality, stroking, extension, timing, musicality, improv, artistry, and presentation. These classes will be taught by Ice Den Synchro and Guest Synchro coaches. This class will be a lot of fun and will be taught respecting social distancing guidelines.

OFF-ICE CLASS DESCRIPTIONS

BALLET 2

Monday = 11:45 AM - 12:30 PM

A class designed for figure skaters of all levels. The instructor will continue to advance Ballet I skills. Classes are held in the Ice Den's Party room. Skaters must have ballet slippers. Mandatory ballet or skating attire only. Girls hair must be tied back, bun recommended. Class will emphasize more complex combinations, and coordination, musicality, stretch and strength, extensions and control along with further developing standard basic ballet positions and will be structured to assist figure skaters with correctness of posture, balance and head-arm positions. Classes taught by Jaclyn Levine.

CONDITIONING BARRE 2 (Age 12 & Up)**Tuesday = 11:45 AM - 12:30 PM**

Strength and conditioning program for figure skaters. Open to all levels of skaters ages 12 and up. This low-impact, high intensity workout class helps build muscular endurance and flexibility. Barre is for everyone at every level of fitness and fully engages all participants. There will be a combination of bursts of cardio, resistance training with bands, and Pilates ball to enhance every workout. A yoga mat is MANDATORY! Small handheld weights or two (2) x 16 oz water bottles recommended. Skaters are required to wear tights or socks. This class is taught by Karmie Christian.

OFF-ICE JUMPS 2**Wednesday = 11:45 AM - 12:30 PM**

For all skaters who have passed the Pre-Juvenile FS Test and above who are learning and mastering all double jumps (including double axel), triple jumps, and double/triple jump combinations. Classes held at Ice Den Chandler in the training room. Skating or exercise attire only. TRAINING SHOES (sneakers, running shoes) and JUMP ROPE ARE MANDATORY. Classes will focus on jumping techniques, rotation, and landing positions. Taught by Ice Den PSA Rated coaches.

EXTREME STRETCH 2 (Age 12 & Up)**Thursday = 11:45 AM - 12:30 PM**

A class designed for figure skaters of all levels and age 12 and Up. Taught by Jaclyn Levine. This class will focus on stretching and flexibility for figure skaters. Stretches and core work will be the focus of the class, working towards the positions needed for skating (ex. Biellmann, Sasha, spirals, lay backs etc.) A yoga mat is MANDATORY! Classes held in the Ice Den's Party room.

EXTREME STRETCH 1 (Age 11 & Under)**Thursday = 12:30 PM - 1:15 PM**

A class designed for figure skaters of all levels and age 11 and Under. Taught by Jaclyn Levine. This class will focus on stretching and flexibility for figure skaters. Stretches and core work will be the focus of the class, working towards the positions needed for skating (ex. Biellmann, Sasha, spirals, lay backs etc.) A yoga mat is MANDATORY! Classes held in the Ice Den's Party room.

CREATIVE MOVEMENT (Age 10 & Up)**Friday = 11:45 AM - 12:30 PM**

For all skaters ages 10 and Up and all skating levels. Join coach Uyen Carlson for a fun, challenging class that will incorporate all genres of dance and movement.

To ensure skaters benefit from all classes, please pay special attention to required dress code, footwear, and equipment.

www.skatericechandler.com