



2016 Summer Programs

June 13 - August 31

Drop-in ice - Tuesday 9-11 am, Thursday 9-11 am, Friday 9-11 am

\$13/hour (pay at customer service)

Club Ice - Monday 4:30—6 pm, Wednesday 4:30-6pm

\$13/hour prepaid punch card, \$10/hour contract ice, \$15/hour pay as you go to ice monitor (Marta)

Learn to Skate - Monday 6:10-7 pm Wednesday 6:10-7 pm, Tuesday 11:10-12 pm

Register at customer service.

Ballet Technique & Stretch Class—Wednesday 6:15 - 7 pm

This class typically starts off with a traditional ballet barre warm up, followed by small combinations of movement in the center or across the floor. The second half of the class focuses on improving flexibility through stretching exercises. The perfect class for dancers, non-dancers, ice skaters, athletes, adults, or anyone who is looking to improve his or her coordination, poise, and flexibility. All skill levels and abilities welcome.

\$8/hour contract, \$10/hour drop-in.

Stroking Class—Thursday 11-12 pm

Stroking class consists of patterns, drills, and exercises to increase skaters' power, speed, balance, posture and agility on the ice. Elements from Moves in the field will also be included. Music is also incorporated into most stroking drills which makes this a really fun class! All ages and levels benefit from this class, beginners to advanced.

\$15/hour contract, \$18/hour drop-in.

Strength Class - Tuesday 11:15-12 pm, Thursday 12:15-1 pm

Increase your strength, stamina and flexibility through a variety of exercises and drills to improve your skating skills. Topics will include off ice jump coordination, core training, stretching, endurance and many others. Bring sneakers, jump rope and a water bottle.

\$5/session

