



Summer Figure Skating Training Program

Train with some of the top coaches from the area.!
 For Freeskaters 5 or USFS Preliminary Freeskaters Level or above.

Tuesdays & Thursdays
June 15-August 5
12:00-3:15pm

Daily Schedule:

- 12:00-1:00 On-Ice Training (Power skate, Jumps, Spins, Moves in the Field, Footwork, Edges)
- 1:15-2:00 Off-Ice Conditioning (Stretching, Core Strengthening, Jumps)
- 2:15-3:15 Contract Ice Practice

Week #1	June 15 & 17
Week #2	June 22 & 24
Week #3	June 29 & July 1
Week #4	July 6 & 8
Week #5	July 13 & 15
Week #6	July 20 & 22
Week #7	July 27 & 29
Week #8	August 3 & 5

Guest Coach

- Amber Moehling**
- Maggie Leski**
- Maverick Eguia**
- Maria Jezak-Athey**
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- Maggie Leski**
- Maverick Eguia**
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- Maria Jezak-Athey**

Fee: \$150/week. Skaters may register by the week.

Register for the entire 8 weeks at a discounted rate of \$1000 (saves \$200)

Guest coaches' bios available upon request.



Register in person or online
 at www.leafsicecentre.com

LEAFS
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Leafs Ice Centre is a non-profit 501(c)(3) organization.