



Elite Ice Academy

Tuesday Nights
5:50-8:20 pm

5:50-6:10 pm Off Ice
6:15-7:15 pm Practice Ice
7:20-8:20 pm On Ice Training

Winter 1 Session: February 3–March 24 (8 Weeks) FEE: \$320
Weekly walk-on rate \$45. Call Vicki Revere at 847-844-8700 x223 with questions.

Training will be done by Tiffany Sfikas and Christopher Groc.

This is an elite figure skating training program for high level skaters. This class is progressive and intense and will include on-ice and off-ice training designed specifically for figure skaters. Station training for all-around use of time.

- Jump training – use of the jump harness and other techniques
- Spin and speed control
- Intricate footwork
- Flexibility
- Power skating for high levels
- Edge quality
- Posture and core building
- Breathing techniques
- Endurance and stamina building
- Whole-body physical training for figure skaters.



Register in person or online at
www.leafsicecentre.com


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847.844.8700

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