



OFF-ICE JUMP CLASS FOR FIGURE SKATERS

Off-ice jump training is a way to integrate the fundamentals of strength and speed, body awareness, coordination, and overall body control. This class is designed to teach skaters how to jump in place on the floor, using the total body with good technique. This class will also implement the importance of balance and plyometric training for figure skaters.

Thursdays: May 8-June 12 (6weeks)

Freestyle 1-3 7:00-7:30pm

Freestyle 4 & Up 7:30-8:00pm

\$45.00

*All skaters are required to wear gym shoes

Register in person or online at www.leafsicecentre.com

