

OFF-ICE SUMMER TRAINING AT DE PERE ICE CENTER

Tuesdays – Ballet/Yoga

12:00pm – 12:45pm (no class on July 27)

\$8.00 per class

Classes will be billed occasionally

Skaters will increase poise, artistry, balance, core strength, and extension.

Instructor: Maggie Nyland (maggie_nyland@hotmail.com)

Wednesdays – Strength, Flexibility, And Conditioning

10:00am – 10:45am

All ages welcome

Cost: \$100

Instructor: Lori Ann Keisic, PT

Contact instructor for registration sheet (lorikeisic@aurorabaycare.com)

Thursdays – Jump Class

12:00pm – 1:00pm

\$10.00 per class

Classes taken are invoiced to the skater at the end of the month

Additional classes possible if there is interest

This class is designed to maximize skaters' time on the ice by spending time off the ice addressing common issues and working to ingrain proper jump technique and muscle memory through body awareness and repetition. Athletic shoes are required.

Stretch mats are suggested but not required.

Instructor: Ashley Wong (ashleyvwong@gmail.com)

