

Bridge & Skating Academy participants must be current USFS Basic Skill or Full FWISC members.

## Registration Policy

At Canlan Ice Sports we make a conscientious effort to ensure that all participants are registered in a program that reflects their skill level, commitment and ability.

It is recommended that you contact the Programs Team to register in the league, camp or program that is appropriate for your needs in order to ensure a fun, positive and safe experience.

Registration and payment can be processed online at [www.icesports.com](http://www.icesports.com), or by contacting the facility main office in person or via phone. Payment is due in full at the time of registration and must be accompanied by a completed waiver form. Payments can be made by debit, Visa, Master Card, cash or check. Please note: a \$25.00 service charge applies to NSF checks.

If a participant is unable to take part in the program due to medical reasons, he or she will receive credit towards their next Canlan Ice Sports Program. No refunds or credits will be made for absences missed by the participant. Canlan Ice Sports reserves the right to change the date and/or the time of the program.



Operated by Canlan Ice Sports

Bridge & Skating Academy programs are designed with variety of different classes to help skater learn skating skills in the fast and progression way, increase their strength, power and body condition as well as to improve over all on ice Performance!



2011 Summer  
BRIDGE and  
SKATING ACADEMY



We are making a difference!

For more information contact  
Skating Director  
(260)387-6614 ext.108  
Or visit our website  
[www.icesports.com](http://www.icesports.com)



## BRIDGE

Basic 5 - Freeskate 1 level skaters

### Classes Schedule:

#### TUESDAYS:

5:30-5:50pm OFF ICE CLASS

6:00-6:10pm Practice Ice

6:10-6:50pm ON ICE CLASS

Jun 28—Aug 16 / 5-weeks session / Price: \$90

Classes will be on the following days:

June 28 / July 5 / July 19 / Aug 9 / Aug 16

#### Classes cancelled on:

July 12, July 26 and Aug 2 due to the Summer camp weeks

#### Camp brochures available!

+ FRIDAYS option on: July 1st , July 8th, Aug 12th

**8-weeks session / Price: \$144**

Make-up your Tuesday class or just add Friday!

## CLASSES DEFINISION



### OFF ICE CLASSES will include:

Conditioning/ Ballet/Flowing Style Yoga

**Conditioning:** warm-up and cool-down techniques/ jump rope & jump-specific exercises/improve body strength, confidence and endurance/core strength /reduce the risk of skating-related injuries!

**Blade Ballet** - Instructor: Russian Former Ballerina  
Body awareness and upper body carriage/extensions / improve artistic expression/stretching and flexibility!

**Flowing Style Yoga:** focus on strength, breath and flexibility. This combination will create a strong lean muscle tone, that will maintain flexibility. In addition, the breathing will help control the heart rate, quite the mind and create focus. Perfect for skaters!

### Bridge ON ICE classes will include:

- Stroking and Edges on ice (techniques)
- Spins on ice (variety of positions)
- Jumps on ice (variety)
- Power Skating on ice (generate maximum speed)
- Introductory Moves in the Field on ice
- Artistry in Motion on ice (with music)

### Skating Academy ON ICE will focus on:

Stroking technique/ ability to generate maximum speed / change directions without losing speed/ rhythmic knee action and precision of foot placement/flow, effortless glide, cleanness and sureness of deep edges/ be more skillful and be able to perform difficult footwork!

## SKATING ACADEMY

Freeskate 2 - and above level skaters

### Classes Schedule

#### TUESDAYS:

5:20-6:00pm ON ICE CLASS

6:00-6:10pm Practice Ice

6:10-6:50pm OFF ICE CLASS

Jun 28—Aug 16 / 5-weeks session / Price: \$95

Classes will be on the following days:

June 28 / July 5 / July 19 / Aug 9 / Aug 16

#### Classes cancelled on:

July 12, July 26 and Aug 2 due to the Summer camp weeks

#### Camp brochures available!

+ FRIDAYS option on: July 1st , July 8th, Aug 12th

**8-weeks / Price: \$152**

Make-up your Tuesday class or just add Friday!