

2017 SummerQuest Class Descriptions

Off Ice Training - This is a skating specific Off Ice Class. Off-ice jumps, balance exercises, check out exercises, etc. Off Ice Harness will be utilized. All levels welcome.

Power - On Ice. Skill development for power and interval work for anaerobic capacity. This class is leveled weekly depending on overall enrollment. All levels welcome.

Spin Class - Basic spins for lower level skaters. Spin variations for higher level skaters. All levels welcome.

Jump Class - Jumps, jump combinations, jump exercises. For skaters who have passed Gamma and above.

Exhibition - Weekly performances for competition preparation. Space is limited. For skaters FS1 and higher.

Off Ice Conditioning - Overall athletic conditioning. All levels.

Games- On Ice. Motivational and skill building games for creativity, agility, and mental toughness. For skaters who have passed Delta and above.

Leveled Brain Training- Off Ice. For skaters who have passed FS1 and higher. Dr. Alison Arnold will FaceTime with us again this year!

Edge Class - On Ice- Focus on edge control, turns, and body line. For skaters who have passed Gamma and above.

Axel Class - On Ice. Focus on Single, Double, and Triple Axels plus Axel combinations. Exercises for all levels. For skaters who have passed FS 2 and above.

Choreographic Principles - On Ice. Exploration of movement and qualities of movement. Time, space and energy as elements of performance. All levels welcome.