

## **SWFSC Summer ON-Ice Specialty Classes**

- **Program Run Through (PRT)**
- **On Ice Conditioning/Power**
  - **On Ice Edge Class**

### **PROGRAM RUN THROUGH (PRT)**

**Dates:** June 18 & 25; July 2, 9, 16, 23 & 30; August 6, 13 & 20

**Day:** Tuesdays

**Time:** 10:00-10:30 AM

**Location:** McFarland Ice Arena

**Focus:** Prepare skaters for upcoming competitions or performances. Skaters will experience a competition warm-up, skate their program without skaters on the ice and receive feedback from coaches. Skaters may choose to perform in their competition dress.

**Cost:** FREE

**To Register:** Pre-register when you sign up for SWFSC ice each month. Walk on is available if there is room.

### **ON ICE CONDITIONING/POWER:**

**Dates:** June 19 & 26; July 3, 10, 17, 24 & 31; August 7, 14 & 21

**Day:** Wednesdays

**Time:** 10:15-10:45 am

**Location:** McFarland Ice Arena

**Focus:** Coaches will provide group skill-based on-ice conditioning training/power skating to improve endurance, power and speed which will improve your program components score!

**Prerequisites:** Open to those who have already passed their Pre-Preliminary Moves in Field test or higher, or with approval of the instructor.

**Cost:** Pre-registration \$12.00. Walk on - available if not filled \$14.00

**To Register:** Register when you sign up for SWFSC ice each month.

### **ON ICE EDGE CLASS**

**Dates:** June 20 & 27; July 4, 11, 18 & 25; August 1, 8, 15 & 22

**Day:** Thursdays

**Time:** 10:00-10:30 am

**Location:** McFarland Ice Arena

**Focus:** Coaches will provide a small group class to develop deep and proper edge control and turns which will improve your program components score!

**Prerequisites:** Open to those who have already passed their Juvenile Moves in Field test or higher, or with approval of the instructor.

**Cost:** Pre-registration - \$12.00. Walk on - available if not filled - \$14.00

**To Register:** Register when you sign up for SWFSC ice each month.