

Off-Ice Class for Figure Skaters

Instructed by Jamie Mathews-Schieler

Monday **6:15p—6:45p** AND Fridays **7:15a—7:45a** in the Creve Coeur ice arena lobby



Monday Dates: **January 8, 22, 29 & February 5, 12, 26**



Friday Dates: **January 5, 19, 26 & February 2, 9, 16, 23**



Cost: \$15 per class

(Payments made directly to Jamie)

Skaters should have an off-ice routine! A routine before they get on the ice and when they've finished their on-ice sessions. This class is geared toward the competitive figure skater who needs body awareness, wants to be stronger, more flexible and better at rotating! Class will focus on exercises for dynamic warm-up, stretching/flexibility, air positions, and plyometrics.

Skaters must wear tennis shoes to class



All US Figure Skating and ISI members welcome



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