

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: **March 5th, 12th, 19th, 26th April 9th, 16th, 30th and May TBD**



Friday Dates: **March 2nd, 9th, 16th, 23rd & 30th**

April 6th & 27th, May 18th & 25th



\$15.00 per class payment 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

Contact: Jamielynn.skate@gmail.com