

SPECIAL INTEREST

OFF-ICE CONDITIONING AND JUMP CLASS

An hour long off-ice conditioning class helps skaters improve overall fitness level. The class includes cardiovascular exercises and promotes muscular strength and endurance. An emphasis is placed on core body strength and agility, utilized most in figure skating elements. The class will also focus on jumping techniques. Levels ISI Delta/Gamma or USFS Level 7 and above are welcome. Class meets Wednesdays at 5:45 p.m in the ice arena multipurpose room.

Enrollment: Minimum of 4
Fee: \$35 *Late Fee: \$39

Session I
Sept. 16 - Oct. 28
466694-1

Session II
Nov. 4- Dec. 16
266694-2

Activity Number:

Ice Theater Camp presents:

“Elements”

An exploration of the interaction between the four basic elements: earth, air, fire and water.
Each performance is approximately 45 min in length (there will be limited seating).
Following, there will be a 30 minute skate with the cast and an hour long public skating session.



Show times: August 15, 2009 -- 2 and 6 pm

2:00-2:45 pm -- performance
3:00-3:30 pm -- skate with cast
3:30-4:30 pm -- public skate

6:00 – 6:45 pm – performance
7:00 - 7:30 pm – skate with cast
7:30 – 8:30 pm – public skate



\$5 admission (Skate rental is included with the cost of the ticket.)
Tickets will be on sale the beginning of August.

PRIVATE LESSON POLICY

Skaters interested in private skating lessons may contact the Ice Arena for information on skating professionals eligible to teach private lessons. Students receiving private instruction must pay admission to the public session or freestyle session, as well as pay the instructor for the private lesson. Instructors interested in teaching private lessons should contact Rachel Bruemmer, Skating Director at 634-6480 for eligibility requirements and contact information.

BROOMBALL



Adult co-rec broomball will be offered again this season. The dates and times have yet to be determined. Please contact Missy at 634-6563 if your team is interested in playing. Broomball is open to anyone 18 years and older and you need at least 10 players on your roster.

*LATE FEE

Registrations received after 5 p.m. on the designated deadline date for a program are not guaranteed placement in the program. Fees will increase for those allowed to register after the deadline where there is still space available.