

# Off-Ice Schedule

SEPTEMBER 3RD-DECEMBER 20TH  
NO CLASSES NOVEMBER 27-DECEMBER 2ND



**Monday**  
**5:25-6:25pm**

## Ballet with Andrei/Natalia Yemelianov

BALLET & FIGURE SKATING GO HAND IN HAND. IT TEACHES THE SKATER: BODY BALANCE & CORE CONTROL, FLEXIBILITY, MUSCLE STRENGTHENING, SMOOTH GRACIOUS MOVEMENTS, MENTAL FOCUS, DISCIPLINE & BODY AWARENESS. LEARN THIS & MORE FROM OUR PRIMA BALLERINA!

SKATERS ON THE 5-5:30PM SESSION WILL BE ALLOWED TO ENTER THIS CLASS AT 5:40PM

## Off-Ice Conditioning w/Olga

IMPROVE JUMP HEIGHT AND ROTATION IN THIS OFF-ICE CLASS. FOCUS ON IN AIR POSITION, TAKE OFF, AND LANDING TECHNIQUE TO IMPROVE OVERALL JUMP ABILITY. LIGHT CARDIO AND CONDITIONING WITH A CONCENTRATION ON MUSCLES UTILIZED FOR JUMPING WILL BE INCORPORATED.

**Tuesday**  
**5:40-6:10pm**



**Wednesday**  
**5:40-6:30pm**

## Off-Ice Conditioning w/Tatyana

TATYANA TEACHES A VARYING CLASS - EXAMPLES INCLUDE JUMP CLASS, STRETCH, AND CONDITIONING. COME PREPARED FOR ANYTHING! SNEAKERS, JUMP ROPE, AND WATER REQUIRED.

## Strength & Conditioning w/Margie Weiss

OFF-ICE CONDITIONING INCLUDES FUNCTIONAL STRENGTH, FLEXIBILITY AND CARDIO DRILLS THAT HELP SKATERS WITH THEIR ON-ICE SKILLS. PREVENTION OF OVERUSE INJURIES AND IDENTIFICATION OF LIABILITIES ARE ADDITIONAL BENEFITS FOR THE "FIT" ATHLETE. TAUGHT BY MARGIE WEISS, WHO HAS TRAINED 2 GENERATIONS OF OLYMPIC ATHLETES, THIS CLASS HELPS ALL LEVELS OF ATHLETES, ALL SPORTS.

**Thursday**  
**5:30-6:10pm**



**Friday**  
**6-6:45pm**

## Off-Ice Conditioning w/Roman

ROMAN TEACHES A VARYING CLASS - EXAMPLES INCLUDE JUMP CLASS, STRETCH, AND CONDITIONING. COME PREPARED FOR ANYTHING! SNEAKERS, JUMP ROPE, AND WATER REQUIRED.



Please contact [klange@skatequest.com](mailto:klange@skatequest.com) for  
more information

