



Skating Academy CONDITIONING CLASSES

Mondays

4:15pm Bodywork 1 (Ages 9 and under)

5:15pm Bodywork 2 (Ages 10 to 14)

Wednesdays

4:15pm Bodywork 1 (Ages 9 and under)

5:15pm Bodywork 2 (Ages 10 to 14)

Saturdays

1:15pm Bodywork 1 (Ages 9 and under)

2:00pm Bodywork 2 (Ages 10 to 14)

Off Ice Classes are available to all. Please select your class according to your age.

“**Bodywork**” is a multi-format class designed for the developing athlete. We incorporate age-appropriate methods to enhance core strength, flexibility, agility, and coordination.

Bodywork combines elements of dance, off-ice conditioning, and skating-specific exercises to enhance skills both on & off the ice.

The better the ATHLETE, the better the SKATER...

For Advanced Strength & Conditioning, please contact Scot Prohaska at

scot@scotprohaska.com

Register online at www.greatparkice.com

Questions? Contact Skating Manager, Michelle Lauerman at:

mlauerman@therinks.com