



LAKE PLACID SKATING

Adult Skating Week

AUGUST 16-22, 2026



Scan the QR code
for more information



OLYMPIC CENTER

LakePlacidOlympicCenter.com

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The Olympic Center is operated by:

The NYS Olympic Regional Development Authority

State of New York

Kathy Hochoul, Governor

Joe Martens, Chairman

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<https://www.lakeplacidolympiccenter.com> | [@lpolympiccenter](https://twitter.com/lpolympiccenter)

GENERAL INFO

SESSION ENTRANCE

Please do not forget to bring your confirmation with bar code to the ice sessions as they will be scanned.

LESSON & CLASSES

There are NO TICKETS. Skaters will be required to PAY the coaches DIRECTLY for CLASSES and PRIVATE lessons. Please refer to the "Meet the Coaches" page for information from each coach.

BOX OFFICE INFORMATION & HOURS

The Box Office is located at the Main entrance in Miracle Plaza by the 1980 Herb Brooks Arena. They are open from 9:30 AM – 5:00 PM daily.

GROUP CLASSES

Group classes are \$15 per 30-minute class. Classes longer than 30 minutes may cost more. Please check the class descriptions from each coach. Group classes do not fill up!

LOCKER ROOMS

Locker rooms 3 & 4 in the 1980 Rink hallway will be available for you to use during the week.

OLYMPIC CENTER ADDRESS

2634 Main Street
Lake Placid, NY 12946

WELCOME

SUNDAY, AUGUST 16TH

Welcome to Lake Placid Adult Skating Week!!

PARKING

Limited on street parking is available on Main Street. Parking is also available in the Municipal Lot on Main Street next to the arena. Free parking may be available in the USA Rink Lot or School Lot on Cummings Road.

CHECK-IN

We will have check-in at the Adult Skating Week table, located in Roamers' Café on the second floor of Miracle Plaza from 5:30pm to 7:00pm. If you can't make it, that's ok! You can pick up your packet at the Adult Skating Week table when you arrive.

FRIDAY NIGHT EXHIBITION SIGN-UP

This year's Adult Group number is a medley of "The Great Gatsby"! Please keep this in mind for any special attire you may have for the performance.

If you would like to skate in the exhibition on Friday, please turn your form in at the Adult Skating Week table before 12:00 PM on Thursday.

WELCOME RECEPTION | MEET & GREET

5:30 PM – 7:00 PM in Roamers' Cafe and Bar.
Refreshments will be served.

WARM-UP SESSION

This session is to give you a chance to warm up and get your blades under you before the week's activities really begin!

7:00 PM – 7:50 PM | 1980 Rink



ON ICE CLASS	OFF ICE CLASS		MONDAY, 8/17	TUESDAY, 8/18	WEDNESDAY, 8/19	THURSDAY, 8/20	FRIDAY, 8/21
			USA DAY		80'S DAY		
8:00AM - 8:30AM		USA RINK	School Figures	School Figures	School Figures	School Figures	School Figures
8:30AM - 9:00AM		USA RINK	Edge Class	Edge Class	Edge Class	Edge Class	Edge Class
9:00AM - 9:30AM		USA RINK	Power Skating	Skating Skills: Pre Bronze Adult	Skating Skills: Bronze Adult	Skating Skills: Silver Adult	Performance
	9:50AM - 10:20AM	Ballet Room	Jump Explosion / Rotation	Spin Variations and Balance	Jump Explosion/ Rotation	Spin Variations and Balance	Jump Explosion / Rotation
	10:30AM - 11:00AM	Ballet Room	Dynamic Stretch	Dance 4 Skating	Dance KPOP	Dance Contemporary	Somatic Dance
	11:10AM - 11:40AM	Empire Room	Blades / Stoning	Music Selection	Boot Fitting	Performance Make-Up	Performance Mindset
	11:00AM - 1:00PM	Roamers				Rose & Co Permanent Jewelry Pop-Up	
12:00PM - 12:30PM		USA RINK	Preparing for the axel: Step 1	FUN with PROPS!	Preparing for the axel: Step 2	Dress Your Turns	Preparing for the axel: Step 3
12:30PM - 1:00PM		USA RINK	SOS - For Alignment & Beautiful Stroking	Twizzles, Twizzles!	SOS - Mastering Front and Back Crossovers	All things SPIRALS!	SOS - For Effortless Inside and Outside C-Step
1:00PM - 1:30PM		USA RINK	SOS - For Alignment & Beautiful Stroking	Upright & Sit Spins	SOS - Mastering Front and Back Crossovers	Mohawks vs Choctaws	SOS - For Effortless Inside and Outside C-Step
1:45PM - 2:15PM		USA RINK	Slide and Glide	Brackets	Be Your Idol	KPOP on ICE!	Dead Dances
2:15PM - 2:45PM		USA RINK	Single Jumps: Waltz, Salchow, Toe Loop	All things 3 - Turns	Single Jumps: Loop, Flip, Lutz	Jump Combinations	Spin Entries and Exits
2:45PM - 3:15PM		USA RINK	Group Rehearsal	Group Rehearsal	Group Rehearsal	Group Rehearsal	Camel Spins
4:00PM - 4:10PM		1980 RINK			GROUP PHOTO WEAR SHIRT		
	4:00PM - 4:45PM	Ballet Room		SOS - Mechanics of Body Alignment and Arm Placement			
5:00PM - 6:00PM		1932 RINK					GROUP # DRESS REHEARSAL
6:00PM - 7:00PM		1932 RINK					SOLO WARM - UP
8:00PM - 9:50PM		1932 RINK			CURLING SOCIAL		7:30PM - Exhibition



OLYMPIC CENTER

PERMANENT JEWELRY

@LAKE PLACID OLYMPIC CENTER



AUGUST 20 | 11AM - 1PM

Appointments are strongly
encouraged, walk-ins
are welcomed

SCHEDULES

MONDAY, AUG 17TH | USA DAY

	USA RINK		1980 RINK
7:10AM - 8:00AM	Patch Session		7:00AM - 7:50AM Open Freestyle
ON ICE CLASSES		INSTRUCTOR	8:00AM - 8:50AM Open Freestyle
8:00AM - 8:30AM	School Figures / Patch	Kami Netri	9:00AM - 9:50AM Open Freestyle
8:30AM - 9:00AM	Edge Class with FULL Body Movements	Liz Schmidt	10:00AM - 10:50AM Open Session
9:00AM - 9:30AM	Power Skating	Ken Benson	11:00AM - 11:50AM Skating Skills Session
12:00PM - 12:30PM	Preparing for the Axel: Step 1	Kami Netri	1:00PM - 1:50PM Open Freestyle
12:30PM - 1:00PM	SOS - Alignment & Beautiful Stroking	Mimi Wacholder	2:00PM - 2:50PM Open Freestyle
1:00PM - 1:30PM	SOS - Alignment & Beautiful Stroking	Mimi Wacholder	3:00PM - 3:50PM Ice Dance Session
1:45PM - 2:15PM	Slide and Glide	Sebastian Arango	4:00PM - 4:50PM Open Freestyle
2:15PM - 2:45PM	Single Jumps: Waltz, Salchow, Toe Loop	Jeff LaBrake	5:00PM - 5:50PM Open Freestyle
2:45PM - 3:15PM	Adult Group Rehearsal	Jeff LaBrake	6:00PM - 6:50PM Open Freestyle
			7:00PM - 7:50PM Open Freestyle
5:40PM - 6:30PM	Patch Session		

TUESDAY, AUG 18TH

	USA RINK		1980 RINK
7:10AM - 8:00AM	Patch Session		7:00AM - 7:50AM Open Freestyle
ON ICE CLASSES		INSTRUCTOR	8:00AM - 8:50AM Open Freestyle
8:00AM - 8:30AM	School Figures / Patch	Kami Netri	9:00AM - 9:50AM Open Freestyle
8:30AM - 9:00AM	Edge Class with FULL Body Movements	Sebastian Arango	10:00AM - 10:50AM Open Session
9:00AM - 9:30AM	Skating Skills: Adult Pre Bronze	Jeff LaBrake	11:00AM - 11:50AM Skating Skills Session
12:00PM - 12:30PM	FUN with PROPS!	Sebastian Arango	1:00PM - 1:50PM Open Freestyle
12:30PM - 1:00PM	Twizzles, Twizzles, and more Twizzles	Marc Fenczak	2:00PM - 2:50PM Open Freestyle
1:00PM - 1:30PM	Upright Spins & Sit Spins	Tracy Prussack-Nicola	3:00PM - 3:50PM Ice Dance Session
1:45PM - 2:15PM	Brackets	Kami Netri	4:00PM - 4:50PM Open Freestyle
2:15PM - 2:45PM	All things 3-Turns	Marc Fenczak	5:00PM - 5:50PM Open Freestyle
2:45PM - 3:15PM	Adult Group Rehearsal	Jeff LaBrake	6:00PM - 6:50PM Open Freestyle
			7:00PM - 7:50PM Open Freestyle
5:40PM - 6:30PM	Patch Session		

WEDNESDAY, AUG 19TH | 80'S DAY

	USA RINK		1980 RINK	
7:10AM - 8:00AM	Patch Session		7:15AM - 8:05AM	Open Freestyle
ON ICE CLASSES		INSTRUCTOR	8:15AM - 9:05AM	Open Freestyle
8:00AM - 8:30AM	School Figures / Patch	Kami Netri	9:15AM _ 10:05AM	Open Freestyle
8:30AM - 9:00AM	Edge Class with FULL Body Movements	Liz Schmidt	10:15AM - 11:05AM	Open Session
9:00AM - 9:30AM	Skating Skills: Adult Bronze	Jeff LaBrake	11:15AM - 12:05PM	Skating Skills Session
12:00PM - 12:30PM	Preparing for the Axel: Step 2	Kami Netri	1:15PM - 2:05PM	Open Freestyle
12:30PM - 1:00PM	SOS - Mastering Front & Back Crossovers	Mimi Wacholder	2:15PM - 3:05PM	Open Freestyle
1:00PM - 1:30PM	SOS - Mastering Front & Back Crossovers	Mimi Wacholder	3:05PM - 3:15PM	GROUP PHOTO
1:45PM - 2:15PM	Be YOUR Idol!	Sebastian Arango	WEAR YOUR ADULT WEEK T - SHIRT	
2:15PM - 2:45PM	Single Jumps: Loop, Flip, and Lutz	Tracy Prussack-Nicola	3:15PM - 4:05PM	Ice Dance Session
2:45PM - 3:15PM	Adult Group Rehearsal	Jeff LaBrake	4:15PM -5:05PM	Open Freestyle
			5:15PM - 6:05PM	Open Freestyle
5:40PM - 6:30PM	Patch Session		6:15PM - 7:05PM	Open Freestyle
			7:15PM - 8:05PM	Open Freestyle

THURSDAY, AUG 20TH

	USA RINK		1980 RINK	
7:10AM - 8:00AM	Patch Session		7:00AM - 7:50AM	Open Freestyle
ON ICE CLASSES		INSTRUCTOR	8:00AM - 8:50AM	Open Freestyle
8:00AM - 8:30AM	School Figures / Patch	Kami Netri	9:00AM - 9:50AM	Open Freestyle
8:30AM - 9:00AM	Edge Class with FULL Body Movements	Sebastian Arango	10:00AM - 10:50AM	Open Session
9:00AM - 9:30AM	Skating Skills: Adult Silver	Jeff LaBrake	11:00AM - 11:50AM	Skating Skills Session
12:00PM - 12:30PM	Dress Your Turns	Sebastian Arango	1:00PM - 1:50PM	Open Freestyle
12:30PM - 1:00PM	All Things SPIRALS!	Jeff LaBrake	2:00PM - 2:50PM	Open Freestyle
1:00PM - 1:30PM	Mohawks vs. Chactaws	Marc Fenczak	3:00PM - 3:50PM	Ice Dance Session
1:45PM - 2:15PM	KPOP TIKTOK Showstyle Choreo on ICE!	Liz Schmidt	4:00PM - 4:50PM	Open Freestyle
2:15PM - 2:45PM	Jump Combinations	Tracy Prussack-Nicola	5:00PM - 5:50PM	Open Freestyle
2:45PM - 3:15PM	Adult Group Rehearsal	Jeff LaBrake	6:00PM - 6:50PM	Open Freestyle
			7:00PM - 7:50PM	Open Freestyle
5:40PM - 6:30PM	Patch Session			

Don't forget! Rose & Co Permanent Jewelry Pop-Up | Thursday 11am - 1pm in Roamers' Cafe

SCHEDULES

FRIDAY, AUG 21ST EXHIBITION EVENT: FRIDAY NIGHT LIGHTS ON ICE				
USA RINK			1980 RINK	
7:10AM - 8:00AM	Patch Session		7:00AM - 7:50AM	Open Freestyle
ON ICE CLASSES		INSTRUCTOR	8:00AM - 8:50AM	Open Freestyle
8:00AM - 8:30AM	School Figures / Patch	Kami Netri	9:00AM - 9:50AM	Open Freestyle
8:30AM - 9:00AM	Edge Class with FULL Body Movements	Liz Schmidt	10:00AM - 10:50AM	Open Session
9:00AM - 9:30AM	PERFORMING	Sebastian Arango	11:00AM - 11:50AM	Skating Skills Session
12:00PM - 12:30PM	Preparing for the Axel: Step 3	Kami Netri	1:00PM - 1:50PM	Open Freestyle
12:30PM - 1:00PM	SOS - For Effortless Inside & Outside C-Step	Mimi Wacholder	2:00PM - 2:50PM	Open Freestyle
1:00PM - 1:30PM	SOS - For Effortless Inside & Outside C-Step	Mimi Wacholder	3:00PM - 3:50PM	Ice Dance Session
1:45PM - 2:15PM	Dead Dances	Marc Fenczak	4:00PM - 4:50PM	Open Freestyle
2:15PM - 2:45PM	Spin Entries and Exits	Tracy Prussack-Nicola	5:00PM - 5:50PM	Open Freestyle
2:45PM - 3:15PM	Camel Spins	Jeff LaBrake	6:00PM - 6:50PM	Open Freestyle
			7:00PM - 7:50PM	Open Freestyle
5:40PM - 6:30PM	Patch Session			

EXHIBITION DETAILS FOR FRIDAY, AUG 21ST	SATURDAY, AUG 22ND
EXHIBITION IS FRIDAY 21ST 1932 RINK SHOWTIME IS 7:30PM GROUP DRESS REHEARSAL 5PM - 6PM 6PM - 7PM SOLO PERFORMANCE WARM UP	1980 RINK
	7:00AM - 7:50AM
	8:00AM - 8:50AM
	9:00AM - 9:50AM
	10:00AM - 10:50AM
	11:00AM - 11:50AM
	12:00PM - 12:50PM
	1:00PM - 1:50PM
	2:00PM - 2:50PM





Meet & Greet

AUGUST 16TH

5:30 PM – 7:00 PM in Roamers' Cafe and Bar.
Refreshments will be served.

Warm up session is to give you a chance to warm up
and get your blades under you before the week's
activities really begin!

7:00 PM – 7:50 PM | 1980 Rink



Curling Social

WEDNESDAY, AUG 19

@ 8:00PM - 9:50PM

1932 Rink

All participants are required to wear closed toe, rubber soled shoes. No crocs, sandals or flip flops will be permitted.

Monday

USA Day



WEDNESDAY 80'S DAY



Friday Night LIGHTS ON ICE

EXHIBITION IS FRIDAY 21ST
1932 RINK

SHOWTIME IS 7:30PM

GROUP DRESS REHEARSAL 5PM - 6PM

6PM - 7PM SOLO PERFORMANCE WARM UP

PROFESSIONAL STAFF

SEBASTIAN ARANGO

714-420-1296

sebastianarango.artist@gmail.com

Sebastian Arango has been teaching skating for 25 years, working with skaters on a national & international level. Originally from Los Angeles, he trained with Brian Tuck, John Nicks, and Frank Carrol.

In addition to skating, he was a professional dancer & dance instructor in LA & NYC, performing with Michael Jackson, competing on Star Search and danced with for several contemporary dance companies.

He specializes in choreography, skating skills, off ice dance and is excited on being part of Lake placid adult week!

Group classes are \$15 for 30 min.

Rate: \$120 / 50 minutes, \$70 / 25 minutes

KENNETH BENSON

917-748-0672 *Please note the 48 hour written cancellation policy on all lessons.*

Text preferred.

Kenneth Benson is an accomplished figure skater with a distinguished career in pair skating. He represented the United States at the national level and has achieved remarkable levels throughout his journey in the sport.

Competitive Highlights:

1993: Member of the National Team in Senior Pairs; earned a silver medal at the Mid-Western Championships.

1991: Placing 10th in Senior Pairs and Silver medal in Senior Four at the National Championships. Also Competed in the National Olympic Festival.

1990: National Team in Junior Pairs.

1989: 6th place in Junior Pairs at the National Championships.

Kenneth has trained under the guidance of many elite coaches, including three-time Olympic champion Irina Rodnina 3time Olympic champion and Elena Cherkasskaya, Moscow Ballet. Also skating with Olympic champions the Protopopovs, and renowned coaches Tracy Prusack, Ron Ludington, Jill Crossgrove, Jeff DiGregorio, Robbie Kan, with dedication and extensive training have paved the way for his impressive career, making him a formidable contender in the world of figure skating.

Rate: \$70 Cash / \$75 Zelle per 25 Minutes, Group classes are \$15 for 30 min.

MARC FENCZAK

973-919-6143 | fenczak@gmail.com

3 time US National Competitor, 5 time World Figure Sport Silver Medalist and Hall of Fame Inductee, Specializes in Stroking Technique, Moves in the Field, Ice Dance and Figures

Group classes are \$15 for 30 min.

Private Lessons are \$55 a half hour.

Cash or Check

JEFF LABRAKE

786-417-6155

Sk8adagio@aol.com

Jeff is a former competitive skater who racked up numerous medals in Pair Skating with his sister in the Novice, Junior & Senior levels in Regionals, Sectionals & Nationals and is also a Regional Junior Men's Champion. He went on to turn professional and toured throughout the World performing in every possible ice show that was created during his 30 year career as a Principle, performing in singles & pairs/adagio. His passion has always been teaching and loves teaching skaters of all ages. His focus has always been on good technique & good control will make the best skater.

Group classes are \$15 for 30 min.

PROFESSIONAL STAFF

KAMI NETRI

(914) 417-7964

US Figure Skater, Double Gold Medalist (Free Skating, Figures)

Lake placid native. Have been coaching for 43 years. Beginners to national competitors. My main passion is passing on the love for the sport to the next generation.

Patch/Figure Class are \$20

Axel Class are \$15

Rate \$55 / 25 min.

Cash at time of class. No Venmo

TRACY PRUSSACK NICOLA

650-766-6288

tracyprussack@sbcglobal.net

Former National Jr. Champion, International Medalist & World team Alternate, Member of U.S. Olympic Training Team. National & International Coach with 40 years of experience working with competitive skaters from Beginning levels to Elite level Athletes. Specializing in Skating Skills, Jump Technique & Spin Training (on & off ice).

Group classes are \$15

\$60.00 per 25 minute lesson

\$120.00 for 50 minutes

MIMI WACHOLDER

Systemofskating.com |

518.637.1482

As a US Team Member and International Competitive Ice Dancer, she was known for her authenticity as a performer. After retiring from competition, she was a principal performer in the Ice Capades and performed and choreographed with the Ice Theatre of NY. She has a BFA in Creative Communications from Emerson College and is a RYT/Structural Yoga Therapist (mimyoga.com)

Mimi is able to guide her students to better understand the structure and functional capacity of their own bodies.

Group classes are \$15 for 30 min.

Rate: \$60 / 25 min.

Cash or Venmo: @mimi-wacholder

LIZ YOSHIKO SCHMIDT

773-512-9797 | elizabeth.yoshiko.

schmidt@gmail.com

Liz Yoshiko Schmidt is a NYC-based professional figure skater, performer, choreographer, and coach whose work is rooted in artistic expression, individuality, and confidence on the ice. Performing with the Ice Theatre of New York since 2017, Liz brings a distinctive style shaped by luscious edges, expressive movement, and ice dance. Her professional skating career began at the age of 18, and she has since performed internationally across Europe, Egypt, and the United States, most recently in Switzerland with Art on Ice.

A Japanese and German American skater from Chicago, IL, Liz is a U.S. Figure Skating gold medalist in Freestyle, Moves in the Field, and Ice Dance. Through her coaching, she encourages skaters to build strong fundamentals while developing confidence in their own artistic voice. Emphasizing skating skills, edge quality, line, musicality, and movement, Liz supports skaters in developing both technical ability and creative expression.

Liz received her Bachelor of Fine Arts in Painting from the San Francisco Art Institute in 2018 and is the creator of Dansu Wear, an ice fashion line.

Group classes are \$15 for 30 min.

Personal: \$3/min



CLASS DESCRIPTIONS

ON ICE

BASIC PARTNERING

Bring a skating partner and learn to stroke and track in various Dance positions.

BE YOUR IDOL

Be Your Idol on Ice. Ever dreamed of skating like your heroes? From the lyrical elegance of Jason Brown to the fearless athleticism of Alysia Liu, iconic skating programs stay with us long after the music ends.

In this on-ice class, skaters will learn short choreographic phrases inspired by legendary performances and signature moments from beloved skating icons. We'll explore the movement, musicality, and performance qualities that made these programs unforgettable — and experiment with bringing them to life in our own skating.

DEAD DANCES

A class where we learn a compulsory dance from the history books!

DRESS YOUR TURNS

Take your turns from technical to beautiful. This class explores creative ways to enter and exit your turns, transforming basic technique into flowing, expressive movement that elevates your skating.

EDGE CLASS FULL BODY MOVEMENTS

This class combines foundational skating skills and edge work with full-body movement.

Designed for skaters looking to deepen both technique and artistry

We will take skating skills you know and learn how to add a creative twist to them.

FUN WITH PROPS

Bring a prop, bring your imagination! Explore the endless movement possibilities of skating with fabric, batons, umbrellas, and more. This class is all about play, creativity, and discovering new ways to express yourself on the ice — bring your favorite prop and see where it takes you!

KPOP TIKTOK SHOWSTYLE CHOREO ON ICE

Bring viral energy to the ice! Take the choreography we learned from dance choreography for skaters class and play with it on the ice — expanding the movement, adding your own flair, and finishing with the option to film your moment. No experience needed, just bring your energy!

LEARN THE BASIC FIGURES AND THE BASICS FOR ALL OF SKATING.

This skill will improve your overall balance and control for better edge quality and power. This will be a progressive class moving from Basic 8's through the original figure test structure

PATCH SESSION will be taught daily at 8:00am by Kami Netri. Please join me. All levels welcome.

PERFORMING

Performance is a conversation — between you, the audience. Come ready with a section of your program and we will work on projection, connecting with the crowd and your own artistry!

Exaggerating expression and personality until it reads from the stands. The real question we'll keep coming back to: what are you trying to say with your body right now?

Come ready to play big and find your voice on the ice.

CLASS DESCRIPTIONS

POWER SKATING

A power skating class focusing on edge quality will enhance your speed, power, and endurance on the ice. Class covers various aspects of power skating, including drills, exercises, and techniques.

Edge Quality: Essential for maintaining speed and control.

Power Generation: Focus on explosive movements and acceleration.

Endurance Training: Integrates both sprint and continuous skating drills for improved stamina.

PREPARING FOR THE AXEL

A series of preparatory exercises & drills to help you feel confident to gear up for the axel jump.

SLIDE & GLIDE: CHOREO DEVELOPMENT WITH LUNGES + KNEE SLIDES

Get ready to move, slide and slay! In this playful choreography driven class, we'll kick things off with the essentials - weight distribution, balance, and how to flow with control. Then, we will level up with creative twists on lunges and knee slides, exploring both intermediate and advanced variations that'll make your movement feel seamless and bold. Knee pads are a must - your knees will thank you!

SOST™ is a comprehensive, structured approach to understanding the fundamentals of figure skating. The SOST™ principles include alignment, counter-balance and core rotation. These principles facilitate the incremental development of skating skills from basic to advanced.

SOST™ was designed specifically for adult skaters, and unlike other corrective coaching feedback, it is not based on what the skater is doing "wrong", but instead reinforces an understanding of what is "right."

Mimi Wacholder created SOST™ as a way to give more skaters and coaches access to the tools and techniques she has gathered throughout her 30 year coaching career.

- **50 min System of skating for alignment and beautiful stroking**
- **50 min System of Skating for mastering front and back crossovers**
- **50 min System of Skating for effortless inside and outside c step (Mohawk)**

STROKING TECHNIQUE

A class that focuses on knee and ankle action combined with proper check positions to achieve better speed and stability.

UNDERSTANDING CHECK AND CHECK TRANSITIONS

A continuation of the Stroking Technique class this time focusing on transitions from any edge to any edge.



CLASS DESCRIPTIONS

OFF ICE

DANCE CHOREOGRAPHY FOR SKATING - CONTEMPORARY

Learn contemporary choreography designed specifically for skaters — building your ability to pick up movement quickly while developing performance quality that makes every phrase feel intentional and expressive. This class naturally builds on the movement foundations from our Dance Technique class, though no prior experience is required to join.

DANCE CHOREOGRAPHY FOR SKATERS - KPOP TIKTOK DANCES

Bring viral energy to the floor! Learn sharp, punchy K-pop and TikTok-style choreography while putting the movement skills from Dance Technique for Skaters into practice — building the star-power performance quality that makes a program impossible to look away from. No experience needed, just bring your energy!

DANCE TECHNIQUE FOR SKATERS

Build the movement vocabulary that brings your skating to life. This class focuses on dance fundamentals most relevant to skating — musicality, coordination, body articulation, posture, and extension & contraction — all explored through a warm-up routine set to music. Train your body to feel the music, not just follow it.

DYNAMIC WARM-UP/STRETCH

As skaters, it's crucial to properly warm up the body before training or performance — and sometimes, quickly! Through a dynamic warm-up sequence of plyometric exercises, a plié sequence, alignment exercises, and body activation, this class is designed to prepare the body for skating with strength, mobility, and readiness. Exercises will be adapted with modifications for a range of skating levels, from beginner to advanced.

JUMP EXPLOSION/ROTATION

Incorporate Explosiveness: Focus on exercises that develop power and agility.

Strength, Endurance and Balance: Blend strength training with endurance drills to enhance overall performance and perform skating motions to build endurance

Focus on Landing Mechanics: Proper landing technique is essential for injury prevention and performance landing softly in an athletic position—knees bent and aligned.

SOMATIC DANCE

This class invites skaters to slow down and reconnect with the body as a source of information, not just performance. Through breath work, guided body scanning, and slow, exploratory movement we will work from the inside out. Getting in touch with our emotions and how they can drive our movement on the ice.

SOS™: System of Skating mechanics of body alignment and arm placement.

SPIN POSITION FUNDAMENTALS/ FLEXIBILITY BALANCE

Improving spin positions for figure skating off-ice requires a focus on strength, stability, and control.

A comprehensive approach to strengthening your body for various spin positions, especially focusing on core stability and leg strength, essential for maintaining control during spins.

Leg Strength: Crucial for achieving and holding positions.

Balance Training: Enhances your ability to stabilize during spins.

Flexibility: Important for achieving optimal positions and preventing injuries.

SPIN VARIATIONS AND BALANCE

Take your spins beyond the basics in this off-ice class focused on balance, strength, flexibility, and body awareness. Skaters will progress into spin variations such as corkscrews, layover camels, cannonball sit spins, haircutters, Biellmann spins, and choreographic spin positions.

Utilizing off-ice balance, strengthening, and stretching exercises, we will build upon spins you already have — or want to achieve — while developing posture, alignment, and control to improve spin quality on the ice. Exercises will be adapted with modifications for a range of skating levels, from beginner to advanced.

CLASS DESCRIPTIONS

THEORY

BLADE HOLLOW AND RADIUS/ STONING

Caring for figure skating blades is essential for maintaining optimal performance, control, and safety on the ice. Understanding the different aspects of blade maintenance—sharpening, stoning, and the concept of hollows- helping you keep your blades in top condition.

BOOT FITTING

Finding the right fit for figure skating boots is crucial for performance, comfort, and injury prevention. Different fitting techniques and styles vary globally, influenced by regional traditions, skate technologies, and the preferences of skaters. Here's a look at various fitting techniques and considerations for figure skating boots.

Finding the right figure skating boots is a personal journey that requires patience and consideration of individual foot characteristics. If you have specific questions about brands or fitting techniques, feel free to ask!

MUSIC SELECTION

Music Selection for Skating

Learn how to pick music that moves you — and your audience. Play with how to build a theme or story for your program, where to find the right tracks, and what to listen for to maximize both your technical and performance scores.

PERFORMANCE MAKEUP

In this class, we'll play with bold color, exaggerated contour, and shimmer that actually survives a program. You'll learn to make your expressions pop for the judges, match your look to your music, and pull it all together fast enough for competition morning. No makeup artist required — just you, having fun with it

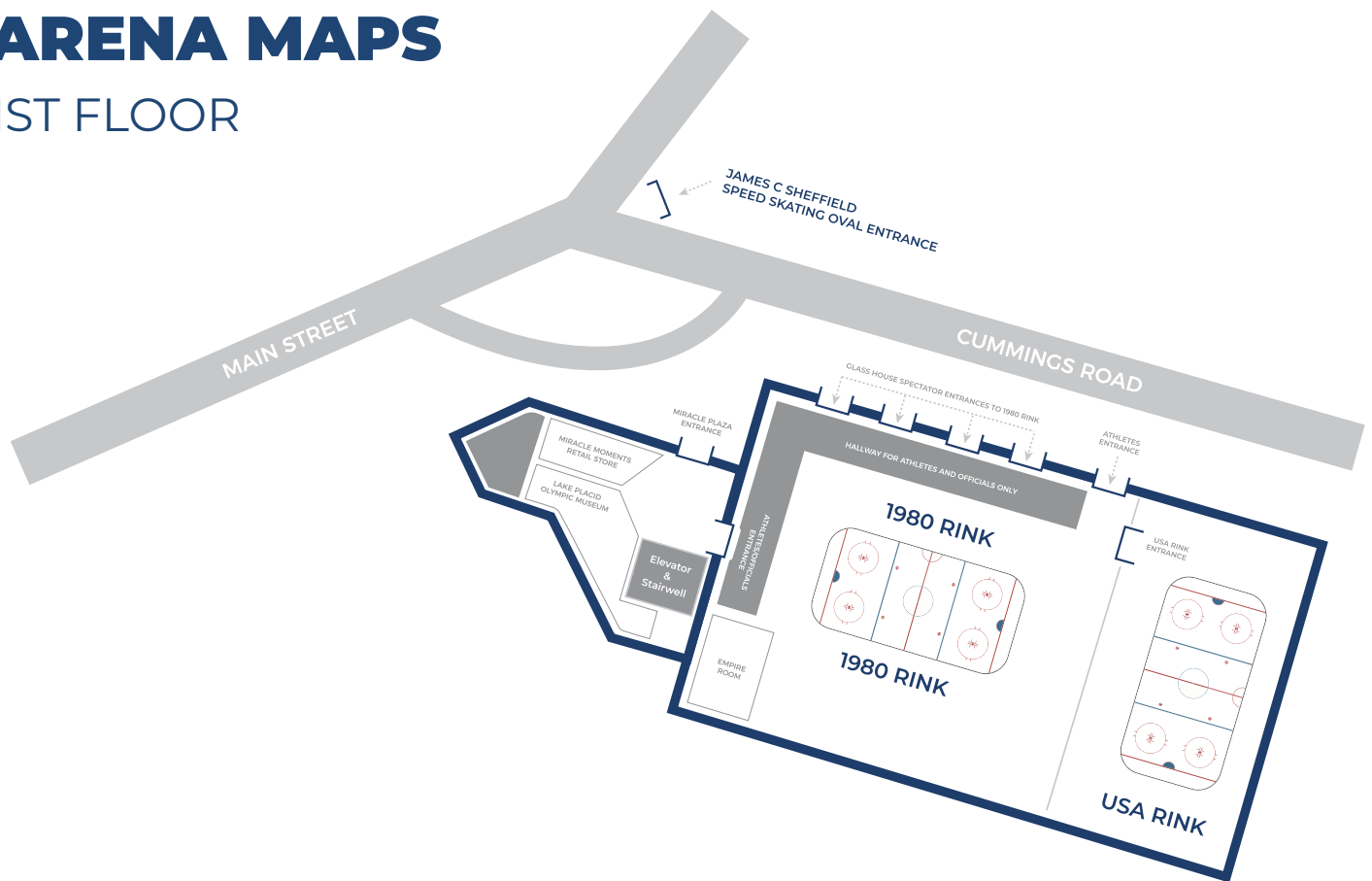
PERFORMANCE MINDSET

Performing in figure skating, like any competitive sport, involves significant mental challenges. These mental aspects can greatly influence performance, impacting everything from execution to emotional well-being. Let's get into exploration of the mental pressures skaters face and strategies to manage them.



ARENA MAPS

1ST FLOOR



2ND FLOOR

