

Coaching Staff:

Jackie Brenner - Skating Director (405) 823-0435
Alanna Jones - Assistant Director (405) 204-8012
Roman Koudriavtsev (405) 550-4739
Angela Conley (405) 229-3134
Sara Sharp (405) 312-0028
Arisa Pistulka (405) 317-1522
Deborah Contah (405) 888-6528
Lizzy Glaser (405) 208-3240
Lauren Bannister (682) 404-9065

Upcoming Events:



June - TBA

August TBA



Arctic Edge Open - **Sunday - August 26th**

Summer Figure Skating School 2018



May 29th to August 10th



Now registering for summer skate school : 405-748-5454

Philosophy

Arctic Edge Ice Arena is dedicated to the athlete's pursuit of maximizing their skating potential through a wide range of skating programs. Our rink offers an intensive program featuring specialized on and off-classes under the direction of PSA Master-rated coaches.

Individualized programs are developed using the latest techniques in biomechanics, fitness & conditioning.

Nutrition & sports psychology references are available upon request

Payment: VIA AE DEBIT CARD

See Jill @ front desk

PRICES: \$10 per session (prepaid)

\$15 per session (drop-in)

\$5 per specialty class

Highlights

Moves in the Field (MIF)

Skaters independently on practice moves

Freestyle (FS)

Freestyle programs, technical, & artistic instruction. Music available to be played during these sessions

Specialty Class/Power (Spec/Pwr.)

Group lessons are taught by various coaches for jumps, spins, maximizing skating techniques for power & efficiency, and footwork.

The fee includes ice time & instructors fee.



Ready, Set, Train!

Our rink offers an intensive program featuring specialized on and off-ice classes under the direction of PSA Master-rated coaches. Individualized programs are developed using the latest techniques in biomechanics, fitness and conditioning.

Off-ice Classes Available:

All **Off-Ice classes payable** through the Arctic Edge Training Ice account with the exception of the Total Body Conditioning class which will be paid directly to Mullins Personal Training. All off ice conditioning athletes need to fill out liability waivers for Mullins Personal Training (current for 2018)

Off-Ice Jump

\$10 per class / or \$200 for Summer

Roman Koudriavtsev

Monday and Wednesday

9:30-10:15 a.m. Pre-Juvenile and below

10:45 – 11:30 a.m. Juvenile thru Senior

Ballet -

\$10 per class or \$100 for Summer

Friday

9:30-10:15 a.m. Pre-Juvenile and below

10:45 – 11:30 a.m. Juvenile thru Senior

Total Body Conditioning

Tuesday and Thursday

9:30-10:15 a.m. Pre-Juvenile and below

10:45 – 11:30 a.m. Juvenile thru Senior

Summer 2018 Ice Training Schedule

***** Special! Additional 10% added to card for each \$500 on debit card for summer skate school offer valid until May 20th, 2018**

Dates:

May 29th to August 10th

Monday through Friday

Open Sessions - All Levels

5:30 – 6:15 a.m. MIF/Freestyle

6:15 – 7:00 a.m. Freestyle

7:00 – 7:45 a.m. Freestyle

7:45 - 8:30 am Freestyle



Preliminary through Senior

8:30– 9:15 a.m. Freestyle

ZAM - 9:15 AM - 9:30 AM

9:30 – 10:15 a.m. Freestyle

10:15 – 10:30 a.m. Power/Specialty

Preliminary and Below

10:30 – 11:15 a.m. Freestyle

11:15 – 12:00 a.m. Freestyle

12:00 – 12:15 a.m. Power/Specialty

12:15 - 1:00 p.m. New Freestyle!

Tuesday and Thursday - Open

4:30 – 5:15 p.m. Open Freestyle

5:15 – 6:00 p.m. Open Freestyle

