

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 directly to the **instructor** prior to start of the class via check or cash - sorry no credit / debit cards

Off-Ice Jump

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

Roman Koudriavtsev

Monday and Wednesday

9:45-10:30 a.m. Pre-Juvenile and below

11:00 – 11:45 a.m. Juvenile thru Senior

Ballet -

\$10 per class or \$100 for Summer

Friday

9:45-10:30 a.m. Pre-Juvenile and below

11:00 – 11:45 a.m. Juvenile thru Senior

Total Body Conditioning

Tuesday and Thursday

9:45-10:30 a.m. Pre-Juvenile and below

11:00 – 11:45 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

