

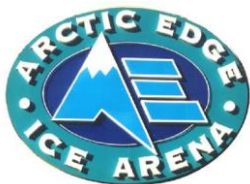
Coaching Staff:

Jackie Brenner - Skating Director	(405) 823-0435
Alanna Jones - Assistant Director	(405) 204-8012
Roman Koudriavtsev	(405) 550-4739
Angela Conley	(405) 917-8622
Sara Sharp	(405) 312-0028
Arisa Pistulka	(405) 317-1522
Deborah Lange	(405) 888-6528
Lizzie Glaser	(405) 513-0712
Cici Higgs	(405)315-1115

Upcoming Events:

June – 9th Test Session

August - TBA



Arctic Edge Ice Arena

14613 N Kelly Ave OKC, OK 73103

405) 748-5454

www.Arctic-Edge.com

Summer Figure Skate Training Camp



May 28 – August 16 2019

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" work independently on moves in the field

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, EXCELL!

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 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

