

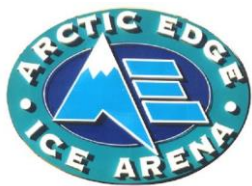
Coaching Staff:

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
Elysse Brenner	(405) 436-0074

Upcoming Events:

June 9th - Test Session

August - TBA



Arctic Edge Ice Arena
14613 N Kelly Ave OKC, OK 73013

(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-ice 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 Linda@ 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.



Let's GO

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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 card

Off-Ice Jump

\$10 per class or \$200 for Summer

Roman Koudriavtsev

Monday and Wednesday

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

11:00-11:45 a.m. Prelim thru Senior

Ballet

\$10 per class or \$100 for Summer

Friday

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

11:00-11:45 a.m. Prelim thru Senior

Total Body Conditioning

\$15 per class or \$250 for Summer

Elizabeth Mullins

Tuesday and Thursday

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

11:00 – 11:45 a.m. Prem thru Senior