



MILTON Skating Club

Intermediate Figure Skating “Specialty Programs”

The Milton Skating Club is committed to developing well rounded, skilled figure skaters. This upcoming season we are pleased to be offering two “Specialty Programs” for Intermediate Figure Skaters. Cross Training Fitness and Ballet for Figure Skating

Cross Training Fitness	Ballet
<p>Why? This cross-training program develops the muscle explosion required to execute a double jump, the control of power necessary for learning excellent jumping techniques, and the balance required to execute moves that aid in edge control. Cross-training introduces your body to a new set of movements and motions which challenge the body and the mind to something new thus opening up new muscle sensory pathways.</p>	<p>Why? Ballet teaches fundamental movement and body awareness that is essential for successful figure skaters. The class will be structured with figure skating in mind and will focus on performance, posture and poise.</p>
<p>When? Wednesday 5:15-6:15pm (included for LOW STARSKATE) The classes are open to all Intermediate skaters regardless of whether they are registered to skate Wednesday or not.</p>	<p>When? Monday 5:15-6:00pm (Directly prior to the ice session) The classes are open to all Intermediate skaters regardless of whether they are registered to skate Monday or not.</p>
<p>Where? The classes will be held in a meeting room at the Milton Sports Centre.</p>	<p>Where? The classes will be held in “The Studio” at the Milton Sports Centre.</p>
<p>What? The classes are run by professional coaches and focus on the following components;</p> <ul style="list-style-type: none"> • Warm up and Stretching techniques • Proper jump technique • Position strengthening <p>All skaters are expected to wear either regular skating attire or exercise attire AND athletic running shoes.</p>	<p>What? The classes are run by professional dance instructors and focus on the following components;</p> <ul style="list-style-type: none"> • Body Alignment • Posture and Upper Body control • Strength • Flexibility <p>All skaters are expected to wear ballet shoes and have their hair tied up.</p>
<p>Cost? The class is available at a fee of \$170 for the entire season.</p>	<p>Cost? The class is available at a fee of \$130 for the entire season.</p>

To register for either of these programs...
simply check off the box on your registration form.