



MILTON Skating Club

Junior 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 Junior Figure Skaters. Off-Ice Jumping and Ballet for Figure Skating

Off-Ice Jumping	Ballet
<p>Why? There are many benefits to training off ice jumps such as learning proper technique to reduce injury and building muscle memory under professional supervision. Ice time is also very expensive so the more you can learn off-ice the quicker you will see results on-ice.</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 (Directly before the ice session) The classes are open to all Junior skaters regardless of whether they are registered to skate the Wednesday on-ice session or not.</p>	<p>When? Monday 6:20-7:00pm (Directly following the ice session) The classes are open to all Junior skaters regardless of whether they are registered to skate the Monday on-ice session 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 \$105 for the entire season.</p>	<p>Cost? The class is available at a fee of \$115 for the entire season.</p>

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