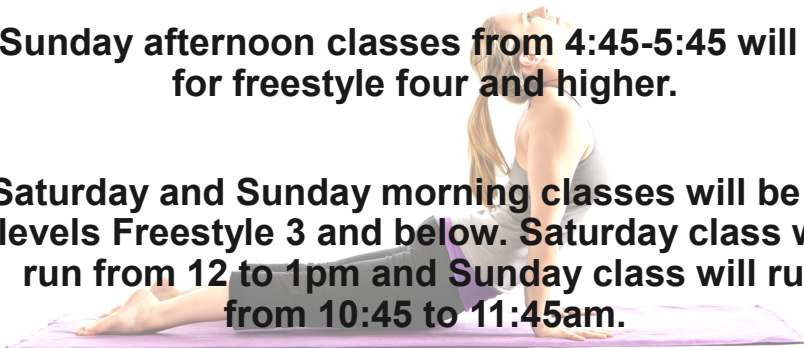


# Off Ice Training For Figure Skaters

Off Ice clinics will take place on every Saturday and Sunday, aside from holidays. Skaters will work on flexibility, strength, balance, off ice jumps and much more! Just like any other sport, skating requires a lot of practice; however finding the ice time to practice can be hard. Off-ice training incredibly useful for all levels of skaters, as it can improve many skills on the ice as well!

**Sunday afternoon classes from 4:45-5:45 will be for freestyle four and higher.**

**Saturday and Sunday morning classes will be for levels Freestyle 3 and below. Saturday class will run from 12 to 1pm and Sunday class will run from 10:45 to 11:45am.**



Skaters will pay \$15 directly to the instructor with cash or check.

Classes will meet upstairs in front of the trophy room!

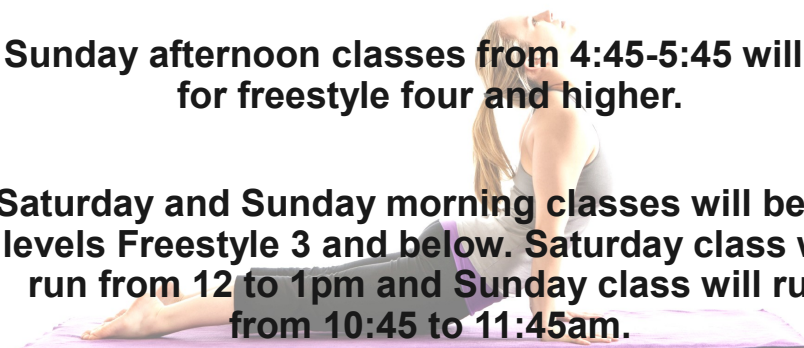
Please email [marketing@aspen-ice.com](mailto:marketing@aspen-ice.com) or contact Katie Hannemann (9086272183) with any questions!

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