



OlympicView Skills Program 16E

October 24 – December 16

NO CLASS THANKSGIVING WEEK

Skills Classes will be available as scheduled below. Pre payment is requested for all classes. Purchase a punch card for 10 sessions @ (\$100.00). Punches can be used for any and all Skills Program classes. Each On-Ice class will use Skills class punch PLUS appropriate ice punch.

Skills Class Punch Card Pricing

\$100.00 – (10) Sessions

30 minute Skills Class Drop-In Rate \$10.00

45 minute Skills Class Drop-In Rate \$15.00

Location	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
On-Ice						
Ballet Rm	Bridge 4:15-4:35pm					
On-Ice	Bridge 4:45-5:25pm			Edge 4:45-5:15pm		
On-Ice		Next Steps 5:00-5:30pm		Musicality 5:15pm-5:45pm		
Ballet Rm		Modern/Jazz Dance 5:40pm- 6:10pm		Ballet 5:55pm-6:40pm (1 ½ punch)		
Ballet Rm		Off-Ice Jumps 6:10pm- 6:40pm				

Note: These Skills Classes run continuously throughout the year unless otherwise posted such as: rink closures, scheduled cancellation and instructor cancellations. Please inquire with the class coach for cancellations. We will post notices about cancellations as we hear of them.

Thank you! WISA Management

OVA Skills Program 16E October 2016

Dated October 11, 2016

Skills Class Coaching Staff & Descriptions:

- **Bridge – WISA Staff** – *(See Bridge flier for details)*
- **Next Steps – WISA Staff** – *(See Next Steps flier for details)*

- **Off-Ice Jump – Arlene McSorley** – *This class is to help develop body awareness and alignment through coordination exercises. The class will touch on the preparation into a jump, the take off, the rhythm and timing, air positions, landings and common errors.*
- **Edge – Sharon Baker** – *Skaters will focus on correct use of the edges, posture, one and two foot turns, change of edge work, bi-lateral movement crucial to Moves in the Field development and general stroking.*

- **Modern/Jazz Dance – Anne Goldberg** – *Skaters will explore various types of modern and jazz while learning how the different nature of dance can support figure skating.*

- **Ballet—Anne Goldberg**—*Skaters will focus on developing flexibility through ballet movements as it relates to figure skating. Skaters will work on extension, carriage and posture.*

- **Musicality—Anne Goldberg**—*Skaters will learn about counts and interpretation to different styles of music, skaters will learn how to adjust their timing to different music and their interpretation to the various styles. Skaters will engage in a series of games and acting activities associated emotions and musical style. The heart of the class may, for example, focus on emotions such as joy, fear, or surprise, in tandem with styles of music. The heart of the class will teach skaters about the history of the styles as well as give them freedom to choreograph short phrases, work with given choreography, and interpret the music with facial expression, stylized movement, and creativity. This class will be both an on-ice class.*

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Thank you! WISA Management