

NVO Summer Skate

Skater Levels and Class Descriptions

Skater Level Descriptions

No Test-Sr/ISI Beginner-10FS/Dance: Open to all levels of skater. Skaters who have not passed any tests should be working with their coach while on this ice.

No Test-Juv Freestyle/Moves: Open to skaters who have not yet tested, up to those that have passed the USFS Juvenile Freeskate test or are ISI beginners through ISI Freestyle 6. Skaters that have not yet passed any tests should be working with a coach while on the ice. No skaters above Juvenile/ISI Freestyle 6, will be allowed on this ice!

Juv-Sr Freestyle/Moves ISI FS8 & above: Skaters have passed USFS Juvenile – Senior Freeskate or ISI Freestyle 7-10.

NE Juv-Sr/ISI FS 7-10: This is open to those Juvenile level skaters that **have competed** in the **New England Regional Championships** to Senior Freestyle. **ISI Freestyle 7-10**

Adult Freestyle, Moves: Ice for our adult skaters of all levels.

Open Dance: For all levels of Ice Dance.

Class Descriptions/Prerequisites

Low Elite, Jump, Power, and Spin: A 45- minute ELITE Jump, Power, Spin Class for Pre-pre to Juvenile skater designed to build power, strength and cardio-vascular endurance. Monday- Wednesday will start with 10 minutes of edge followed by 10-15 minutes of alternating spins and jumps, then finish with a 10 minute power class. Thursday will feature 15 minutes of edges and spins concluding with a 30 minute Super Cardio Power Class. A must for the upcoming competitive season.

High Elite Jump, Power and Spin: A 45- minute ELITE Jump, Power, Spin Class New England Competitor to Senior level skater designed to build power, strength and cardio-vascular endurance. Monday-Wednesday will start with 10 minutes of edge followed by 10-15 minutes of alternating spins and jumps, then finish with a 10 minute power class. Thursday will feature 15 minutes of edges and spins concluding with a 30 minute Super Cardio Power Class. A must for the upcoming competitive season.

Artistry in Motion (15 mins): This class focuses on expression, presentation, and movement on the ice.

Power (15 mins): This class focuses on power and edges for better control while skating.