

NASHOBA VALLEY OLYMPIA, INC.

Summer Skate 2017

ELITE JUMP, SPIN, POWER AND EDGE CLASSES

These classes are designed to build power, strength, edge quality and endurance for our competitive skaters. Classes may run as a whole or be divided up depending on the levels and will run the entire 45 minutes.

LOW ELITE JUMP, SPIN, POWER & EDGE

- LEVELS: No Test (with coach approval) to JUVENILE
 - 1:35-2:20 pm Monday – Thursday Rink 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Karen Boucher	Felita Carr	Felita Carr	Robin Defazio
Amanda Werner	Amanda Werner	Karen Boucher	Felita Carr

HIGH ELITE JUMP, SPIN, POWER & EDGE

- LEVELS: NEW ENGLAND COMPETITOR JUVENILE to SENIOR
 - 3:00-3:45 pm Monday-Thursday Rink 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Konstantin Kostin	Konstantin Kostin	Konstantin Kostin	Konstantin Kostin
Amy Allen	Jessica Dupuis	Jessica Dupuis	Jessica Dupuis
	Alex Komarov	Alex Komarov	Alex Komarov

ARTISTRY in MOTION or POWER CLASSES

- LEVELS: USFS No test to Juvenile or ISI Freestyle 3-6
 - 9:30-9:45 am Rink 2

The Power Class is designed to increase stamina and strength for skaters. Power classes are held Monday, Tuesday, Thursday and Friday.

Wednesday's Artistry in Motion is a class about learning to move to the music through creative skating exercise.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Robin Defazio	Robin Defazio	Sheryl Franks	Robin Defazio	Michelle Mosher

RATES: ELITE CLASSES:	Pre-booked \$18.00 per session	Walk-on \$24.00
Power or Artistry & Motion	Pre-booked \$6.00 per session	Walk-on \$8.00