

## NASHOBA VALLEY OLYMPIA, INC.

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
Alex Komarov	Debi Leeming	Alex Komarov	Alex Komarov
Felita Carr	Felita Carr	Felita Carr	Felita Carr

### HIGH ELITE JUMP, SPIN, POWER & EDGE

- LEVELS: NEW ENGLAND COMPETITOR JUVENILE to SENIOR
  - 1:50—2:35 pm Monday-Thursday Rink 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Dima Boundoukin	Jessica Dupuis	Jessica Dupuis	Dima Boundoukin
Amy Allen	Alex Komarov	Amy Allen	Julie Graham

### 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
Dima Boundoukin	Robin DeFazio	Sheryl Franks	Robin DeFazio	tbd

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

### FIGURES/PATCH

LEVELS: All

7:50 am-8:20 am Rink 1

TUESDAY	FRIDAY
Beth Duxbury, Alice Hayward	Beth Duxbury, Julie Graham

**SHOWTUNES ON ICE**

**9:55-10:40**

**LEVELS: All**

**RATES:                    Pre-booked \$18.00 per session                    Walk-on \$24.00**

<b>WEDNESDAYS</b>
<b>Devon Dillon &amp; Anne Goldberg-Baldwin</b>

**ADULT ICE FLOW**

**Breathe. Stretch. Flow.**

IceFlow is a gentle yoga inspired edge class designed specifically for adult skaters of all skill levels from beginner to professional. Connect leaning, twisting and stretching movements with the breath as we flow with each other across the ice to music.

**RATES:                    Pre-booked \$18.00 per session                    Walk-on \$24.00**

**Saturdays**

**(no class on July 28<sup>th</sup>)**

**9:00-9:45 am**

**Elin Schran**