

TSP Specialty Classes

Specific Focuses
to
benefit your skater

Wednesdays

6:00 am – 6:30 am	ON ICE High MIF (Intermediate MIF +) Taught by Michelle Armando—Sectional Competitor and Rinx MIF Expert
6:30 am – 7:00 am	ON ICE Stroking & Spins (Pre-Pre and above) Taught by Suzy McDonald—National Competitor and Ice Theater of New York Performing Member
7:00 am – 7:30 am	ON ICE Stroking & Spins (NoTest) Taught by Suzy McDonald—National Competitor and Ice Theater of New York Performing Member
7:30 am – 8:00 am	ON ICE Low MIF (Pre-Preliminary - Juvenile MIF) Taught by Michelle Armando—Sectional Competitor and Rinx MIF Expert
3:45 pm – 4:30 pm	OFF ICE for skaters: Pilates, Yoga, etc.—High (bring pilate's mat, water, sneakers & barefoot, kick ball, 2 & 3 lbs hand weights) Taught by Kim Stemm—Certified Pilates, Yoga and Athletic trainer
4:30 pm – 5:00 pm	OFF ICE Dance (FS 1+ 6 – 12 years) Taught by Jessica Snyder-Hambley, Professional Dancer and Instructor
5:30 pm – 6:00 pm	OFF ICE Dance for SuperStars (Basic 6+ or 4 – 9 years) Taught by Jessica Snyder-Hambley, Professional Dancer and Instructor
6:20 pm – 7:20 pm	OFF ICE Dance (10 years and older) Taught by Jessica Snyder-Hambley, Professional Dancer and Instructor

Saturdays

8:50 am – 9:20 am	OFF ICE Jump Clinic (Doubles & Triples)--bring water & sneakers Taught by Cathryn Schwab—PSA Master Rated Coach
9:20 am – 9:50 am	OFF ICE Jump Clinic (Singles & Doubles)--bring water & sneakers Taught by Cathryn Schwab—PSA Master Rated Coach
10:30 am – 11:00 am	ON ICE Power & Edge Stroking (FS 1 +) Taught by Michelle Armando—Sectional Competitor and Rinx MIF Expert

Space is limited, and pre-payment is necessary. Sign-up at the skating school to reserve your spot. On Ice classes cost \$120 per 7 week series and Off Ice Classes cost \$100 per 7 week series.

Improve your skills with the BEST! Join us for **fun & learning** at **The Rinx!**

FOR MORE INFORMATION CALL: 232-3222 EXT 209

OR GO TO: WWW.THERINX.COM

