



JR. CHAMPIONS PROGRAM

Winter Sessions Jan 4 - Feb. 19

REGISTER ONLINE
AHCENTERICE.COM

The Jr. Champions Program at AdventHealth Center Ice is designed to continue the growth of the Learn to Skate skater into the figure skating environment. The program will bridge the gap between Learn to Skate group lessons and private lessons while making recreational and competitive skating an affordable option for families.

The Jr. Champions Program follows US Figure Skating's Aspire Program. Skaters learn proper skill development and training techniques through athleticism and artistry, while fine-tuning their fundamental skating skills. This curriculum not only leads to success on and off the ice, but also encompasses, parent-education sessions and club spirit.

Participants of the program are encouraged to enhance their skills with private lessons and become members of the Champions' Edge Skating Club.

LEVELS

(Skaters grouped according to skill and test level)

- ◆ Pre-Free Skate/Excel Beginner
- ◆ Excel High Beginner/No-Test
- ◆ Pre-Preliminary/Preliminary

ALL-IN-ONE CURRICULUM

On-Ice training focusses on: Jumps, Spins, Edges/Stroking

Off-Ice training focusses on: Jump Technique, Strength & Conditioning, Ballet & Body Movement

PAYMENT & DISCOUNTS

7 classes for \$175.00 plus tax.

Includes two Freestyle Sessions

Add Unlimited Public Skate Pass: \$50

(Valid 01/04 - 02/19 2022 only)

Drop-in: \$30.00 per class

SCAN ME



Unlimited Classes: 7-weeks \$385 + tax

Sibling Discount: 10% off each additional sibling



SCHEDULE

	Off-Ice	On-Ice
Tuesday	6:15pm - 6:30pm	6:45pm - 7:30pm
Thursday	6:15pm - 6:30pm	6:45pm - 7:30pm
Saturday	8:45am - 9:00am	9:15am - 10:00am

Please note that all classes are subject to change