

REGISTER TODAY - Space is Limited!
LAST CHANCE TO REGISTER - SIGN UP ENDS 6/18

EXTREME ICE CENTER

Register Now

SCAN HERE FOR DETAILS!

PAUL WYLIE
IS COMING TO EXTREME ICE CENTER

ADULT SPECIFIC SEMINAR SUNDAY JUNE 22, 2025
YOUTH SPECIFIC SEMINAR TUESDAY JUNE 24, 2025

Figure Skating Summer Training Overview 2025



Extreme Ice Center
4705 Indian Trail-Fairview Rd
Indian Trail, NC 28079
(704)882-1830 x 208

jennyg@xicenter.com
www.xicenter.com

**SUMMER FS TRAINING ON-ICE CLASS REGISTRATION LAST
CHANCE FOR DISCOUNTS!!**

SUMMER XIC FS CLASS REGISTRATION
Sign up by JUNE 13, 2025 and receive 15% off your registration.
(discount applies to On-Ice classes only / Program Practice not included)



SUMMER 2025

(Schedule is "Subject to Change" based on class enrollments - special events)



- June 16-20
- June 23-27 (*Tues 6/24 modified schedule for Paul Wylie Seminar Day!!*)
- **June 30-July 3 (4 day)-HOLIDAY WEEK, no classes during this week.**
- July 7-11
- July 14-18 (*Tues 7/15 & Thur 7/17 modified schedule - see DASH*)
- July 21-25
- July 28-Aug 1
- August 4-8
- August 11– 15 **THEME WEEK!!!**

REGULAR FREESTYLE STICKER RATES APPLY

FREESTYLE STICKER PACKAGE OPTIONS:

- 10 stickers \$90.00 Purchase at the Front Desk
- 30 stickers \$240.00 Purchase at the Front Desk

*** CLASS ENROLLMENT AT DASH/DAYSsmart XIC LOG IN / PRE-REGISTRATION REQUIRED.



*** Performance Practice - will require Pre-Registration. Each skater may sign up for 2 x's in the summer.

*** RSVP for class attendance for instructors to plan accordingly - questions for RSVP enrollment, Jennyg@xicenter.com

*** FS Sticker must be placed on the Log Sheet prior to entering the ice / 2 Sticker Penalty will be in affect for missing stickers

*** Do not enter the ice prior to the starting time of any session

*** Parents/Spectators must remain in the lobby or upstairs area during training day, unless invited to the ice area by Coach/Director.

*** Skaters/Parents always check with your coach for the best options for classes and training days that will match your level and readiness.

FIGURE SKATING GROUP TRAINING:

Class Options (payment to DASH):



"SPIN LAB" CLASS: 30min On-Ice Spin Class / Split by level - Spin Development at varying levels - \$20.00 PER CLASS - REGISTER ON DASH. Topics/class themes include; Creative Spin Building / IJS Spin Features & Variations IJS Spin Rules

PREMIER ON-ICE CLASS SERIES: 30min On-Ice Class Series to include; Jump/Consistency Drills - Spin Development - Advanced Step/Choreo Development - REGISTER ON DASH, \$20 per class

Topics/Themes

- Skating Glides, Slides & Stops
- Skating Turns & Steps
- Blade Awareness (How to Use the Whole Blade)
- Going Back to Fundamentals for Increased Component Scores
- Program Transitions to Increase Points
- Jump Drills for Each Jump
- Jump Consistency Drills
- How to Properly Train Programs for Competition
- Choreographic Sequence Development

EDGE MASTERY & TURN TECH: * Premier Level Skaters to work first 15min of class with various coaches at 12:00-12:15pm / \$15.00 per class. -- Second 15min at 12:15-12:30pm Premier Skaters will assist and lead the Pre-Premier Skaters in building their skills/techniques.
* Pre-Premier Level Skaters to observe class at 12:00-12:15pm / \$15.00 per class. -- Second 15min at 12:15-12:30pm Pre-Premier Skaters will take the ice.

PERFORMANCE THURSDAYS!!! Program Practice opportunities for skaters to have a realistic training of competition performances. PREMIER & PRE-PREMIER LEVELS - select max 2 dates to perform over the 8 dates available.
REGISTER IN DASH - UNDER DROP IN AND PICK YOUR DATES. Also a great opportunity to test Freeskate Levels and Ice Dances. \$20.00 per performance.

Off-Ice Classes / RSVP at DASH (payment directly to the instructor)

FROZEN FLEX (11yr&older) "Frozen Flex" is a strength training class tailored specifically for figure skaters. This off-ice session will focus on building muscle strength and stability to support powerful jumps, controlled landings, and graceful movements on the ice. Skaters will work through exercises that target key muscle groups throughout the whole body, especially within the core and lower body, using resistance bands, weights, and body weight training. Frozen Flex will help skaters to build the strength the athlete needs to move with confidence and control on the ice.
**** with Mackenzie Garlick, CSCS** (Masters Degree UNCC of Science in Kinesiology with concentration in Strength and Conditioning / Undergrad Chapel Hill, Bachelor of Arts in Exercise and Sport Science with a Fitness Professional Concentration)

Rotation Creator (10yr&under) "Rotation Creation" is a figure skating off-ice class maximizing on techniques to maximize rotation on the ice and in the air. A dynamic Figure Skating class designed to help skaters maximize their rotation both on the ice and in the air. This specialized class focuses on the technical mechanics behind spins, efficient jump rotation, and body alignment to improve air time and rotational speed. \$20.00 per class - pd directly to Coach QR code on sign in sheet.
**** with Michele Subbot & Jillian D'Agostino**

SUMMER 2025 - FIGURE SKATING TRAINING OVERVIEW

Monday		Tuesday		Wednesday		Thursday		Friday	
6:00-6:30am	OPEN FS	6:00-6:30am	OPEN FS	6:00-6:30am	OPEN FS	6:00-6:30am	OPEN FS	6:00-6:30am	OPEN FS
6:30-7:00am	OPEN FS	6:30-7:00am	OPEN FS	6:30-7:00am	OPEN FS	6:30-7:00am	OPEN FS	6:30-7:00am	OPEN FS
7:00-7:30am	OPEN FS	7:00-7:30am	OPEN FS	7:00-7:30am	OPEN FS	7:00-7:30am	OPEN FS	7:00-7:30am	OPEN FS
7:30-8:00am	OPEN FS	7:30-8:00am	OPEN FS	7:30-8:00am	OPEN FS	7:30-8:00am	OPEN FS	7:30-8:00am	OPEN FS
8:10-8:35am	FLIGHT & FORM Part I / Pre-Premier Off-Ice Jump	8:15-9:00am	Pre-Premier Off-Ice Strength & Conditioning	8:10-8:35am	FLIGHT & FORM Part I / Pre-Premier Off-Ice Jump	8:15-9:00am	Pre-Premier Off-Ice Dance Style & Technique	8:10-8:40am	OPEN FS
8:40-9:05am	FLIGHT & FORM Part II / Pre-Premier Ballet OFF-ICE	8:10-8:40am	PREMIER FS (2Lo & up)	8:40-9:05am	FLIGHT & FORM Part II / Pre-Premier On-Ice Barre	8:10-8:40am	PREMIER FS (2Lo & up)	8:40-9:10am	PREMIER FS (2Lo & up)
8:10-8:40am	PREMIER ON-ICE CLASS SERIES (Jump Day, Spin Day, etc)	8:40-9:10am	PREMIER FS (2Lo & up)	8:10-8:40am	PREMIER FS (2Lo & up)	8:40-9:10am	PREMIER FS (2Lo & up)	9:10-9:40	OPEN FS
8:40-9:10am	PREMIER FS (2Lo & up)	9:10-9:40am	OPEN FS	8:40-9:10am	PREMIER FS (2Lo & up)	9:10-9:40am	OPEN FS	9:50-10:20	OPEN FS
9:10-9:40am	OPEN FS	9:50-10:20am	OPEN FS	9:10-9:40am	OPEN FS	9:50-10:20am	OPEN FS	10:20-10:50	OPEN FS
9:50-10:20am	OPEN FS	10:20-10:50am	OPEN FS	9:50-10:20am	OPEN FS	10:20-10:50am	OPEN FS	10:50-11:20	OPEN FS
10:00-10:15am	KICK OFF THE WEEK WARM UP - OFF ICE	10:50-11:20am	OPEN FS	10:20-10:50am	OPEN FS	10:50-11:20am	OPEN FS	11:20-11:50	Ice Dance/Skating Skills Ice
10:20-10:50am	OPEN FS	11:30-12:00pm	OPEN FS	10:50-11:20am	OPEN FS	11:30-12:30	Performance Thursdays (Program Practice)	11:30-12:15pm	(OPEN) Flexibility/Recovery
10:50-11:20am	OPEN FS	12:00-12:15pm	PREMIER EDGE MASTERY & TURN TECH	11:20-11:50am	OPEN FS	12:40-1:25pm	PREMIER Dance Style & Technique Off-Ice		
11:30-12:00pm	OPEN FS	12:15-12:30pm	Pre-Premier EDGE MASTERY & TURN TECH	12:00-12:45pm	PREMIER PLYOMETRICS Off-Ice				
12:00-12:30pm	Pre-Premier SPIN LAB / On-Ice CLASS	12:40-1:25pm	PREMIER Off-Ice Strength & Conditioning	PROGRAM / CLASS LEVELS (general explanation): PREMIER: Double Loop and Higher / Intermediate through Senior Skating Skills / by Coach Invitation for Private Lesson Pre-Premier: Single Jumps through Double Salchow/Double Toe Loop /Preliminary through Juvenile Skating Skills					
12:05-12:50pm	PREMIER BALLET								
12:55-1:35pm	FROZEN FLEX / OFF-ICE w/ Coach Mackenzie (11yr&up)								
12:55pm	Rotation Creation- Off Ice (Jill & Michele) (10yr & under)								



FREESTYLE/SKATING SESSIONS:

- ** OPEN FREESTYLE:** OPEN TO LEVELS FS1 & HIGHER (30min FS STICKER REQUIRED per session/starts 30min from start of block)
- ** PREMIER FREESTYLE:** Double Loop & Higher Jumps / by invitation for Private Lesson specifically by coach - must be in a lesson (30min FS STICKER REQUIRED per session/starts 30min from start of block)
- ** Ice Dance/Skating Skills:** Session specifically for Ice Dance, Skating Skills, Step Sequence Work (NO JUMPS) -- (30min FS STICKER REQUIRED per session/starts 30min from start of block time)

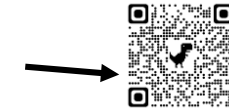


Questions / Need Assistance??
 Jenny Wesley Gwyn
 Extreme Ice Center
 Figure Skating Director
 Jennyg@xicenter.com / (704)882-1830 x 208

Off-Ice Classes offered by "Beyond the Ice" / RSVP for class at DASH (payment to Beyond the Ice)

Reach out directly to reserve your Specialized Dance / Fitness / and more Private Lessons with "Beyond the Ice" off ice: <https://www.schedulicity.com/scheduling/BITU97>

BEYOND THE ICE ~ click on the QR Code:



Ballet:	This class will focus on ballet fundamentals, posture, alignment, and technique. Beginning at the barre, progressing to center work which includes extension, jumps, and turns. Concludes with flexibility training.
Plyometrics:	This Class will include a series of exercises aimed to improve power, explosiveness, speed, and efficiency
Dance Style & Technique:	This class will expose skaters to various styles of dance to help with Performance quality on the ice. It will begin with a warm-up and stretch, followed by center work and progressions across the floor. It will conclude with learning choreography to a particular style of dance, which will change each week. Dance styles will include Lyrical, Jazz, Hip-Hop, Contemporary, Broadway, Modern, and more!
Flexibility & Recovery:	This class will introduce athletes to stretching techniques and exercise to help increase total range of motion and mobility. Foam rolling will also be involved in this class to help reduce muscle tightness and improve circulation.
FLIGHT & FORM Part I (50min total Class / \$30/per skater) w/ Samantha Vonsiatsky	Take your skating to the next level with Flight & Form - a 50min off-ice training class designed to sharpen your technique and elevate your artistry. The first 25min focus on jump mechanics, using aerobic steps to develop power, height, and precision in takeoffs, air position, and landings.
FLIGHT & FORM Part II (w/ Miss Julie)	The second half transitions into a classical ballet, building posture, strength, and control essential for beautiful lines and seamless movement on the ice. This dynamic combination of athletic conditioning & technical refinement will help skaters achieve cleaner jumps & more graceful performances.
Strength & Conditioning	A total-body workout class aimed to strengthen and create long, lean muscles. This class will focus on sport-specific strength and balance exercises, and will also include cardio segments for stamina and endurance.
Kick off the week - OFF-ICE WARM UP!!	Learn the Warm Up- of the week to get you started on the best foot forward for warm-up and body movement to be ready to be on the ice. Skaters can use weekly warm up together off-ice in preparation for their time on the ice!