

Athletic Balance Jump/Stretch Class

During Off Ice Jump Class, all components of “On Ice Jump Technique” are analyzed and focussed on. This class provides the opportunity for increased awareness, as well as muscle memory reinforcement for figure skating’s increased demands. All classes also include warm-up/cool-down exercises and instruction to develop a working knowledge of stretching and flexibility for each athlete.

With the content and structure of these classes, skaters of all ages, ability and development, perform at their own pace.

Jump/Stretch Classes run Monday and Wednesday.

Athletic Balance Jump/Stretch Class Application Form

Please return with Richmond Training Centre Summer Registration

Name:

Please circle Weeks

Address:

1 2 3 4 5 6 7

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Elite/Pre-Elite 10:00 am – 10:30 am

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Competitive 9:00 pm – 9:30 pm

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Pre-Competitive 1:00 pm – 1:30 pm

Summer Coach:

No. of weeks x \$18.00/week =

50% deposit =

Balance due upon arrival =

Please make cheques payable to Robert Burk – Athletic Balance