

# Amarillo Ice Skating School

## Conditioning for Skaters

### Spring Camp

**Dates:** May 1 – May 24

**Time:** Mondays and Wednesdays, 6:00-7:00 pm

**Location:** Austin Middle School Park (2400-2798 S Crockett St)

**Cost:** \$40/skater, siblings - \$35/each, cash or check payable to AISS

- Dry land training tailored to ice skaters.
- Exercises necessary to develop and improve agility, flexibility, coordination and balance.
- Cardio and strength training in a fun activity/game setting.
- Skating moves (jumps, spins, footwork) taught off-ice.

**Attire:** Summer workout clothes, **tennis shoes** are necessary.

Bring: a **water bottle**, **blanket** or a **yoga mat**

**Sign-up:** email to [svetlana@skateamarillo.org](mailto:svetlana@skateamarillo.org) by Sunday, 04/30/17

