

Skate Oakville's 2016 Summer Program

Here is information about the 2016 Skate Oakville Summer Program

Schedule:

- We have tried to keep the schedule as consistent as possible throughout the summer, however, there are things that may affect a weekly schedule, such as simulations and test days. Please make sure you are following the schedule of the week you are skating.
- Test schedules will be posted the week there are tests. Test days are:
Week 4 - Thursday July 28 and Week 7 - Thursday, August 18th
- Remember Friday is only a half-day and we finish at 1:00.
- Supervision times: Monday thru Thursday 8:00am-4:00pm and Friday 8:00am-1:00pm

Lessons:

- Group classes are included and scheduled for many sessions, please make sure you know which sessions will be providing group class (including stroking) and which sessions will have private lesson time.
- Check with your coach to schedule private lessons, coaches are very busy on both rinks and you must secure your private lesson time directly with your coach.

Clothing:

- You may want to bring a change of clothes for off ice and or during your break
- Please wear all black on Friday for the Theatre of Ice session

On Ice:

- Make sure you are always moving.
- Give right of way to skaters in programs and you must wear the solo sash while doing your solo.
- Be on time and arrive ready to step on the ice and get to work.
- Don't be a distraction to the group coaches, be participatory with the group

Simulations:

- Solo Simulations will be held every Wednesday at 3:00, except weeks 4 – 7 there will be extended simulations starting at 2:00 as we get closer to summer competitions.
- You must pre register for simulations. If they are full, please add your name to the waitlist, we will try to accommodate as many skaters as possible.

Lunch for skaters in packages

- Hot lunches will be served upstairs in Puckz Pub. Skaters are permitted and encouraged to compliment their hot lunch with healthy snacks to fuel throughout the day. Please make sure you clean up after yourself and do not leave garbage or unwanted items lying about. Remember – we are guests and expect you to respect the facility, staff and other users of Sixteen Mile Sports Complex.
- If you choose to opt out of the hot lunch program, you will NOT be permitted to eat in the restaurant area. This area will be reserved only for skaters participating in the hot lunch program

Off Ice:

- Arrive on time – there is time built in to the schedule to get off the ice and upstairs for off ice class.
- Don't be a distraction to the off ice instructors, be participatory with the group
- Make sure you have everything you need; running shoes or proper footwear, water bottle, skipping rope, yoga mats or any other equipment or items you may be asked to supply. Small hand weights are recommended (see below for more information)
- Please have any (healthy) snacks before or after class and not during.

Off Ice Schedule:

Skate Oakville - Summer 2016 Off Ice Schedule

Day	<u>Monday</u>		<u>Tuesday</u>		<u>Wednesday</u>		<u>Thursday</u>	
Session	<u>Elite & Advanced Comp</u>	<u>STAR 1 & 2</u>	<u>Elite & Advanced Comp</u>	<u>STAR 1 & 2</u>	<u>Elite & Advanced Comp</u>	<u>STAR 1 & 2</u>	<u>Elite & Advanced Comp</u>	<u>STAR 1 & 2</u>
Instructor	Figure Skating Boot Camp	Jeff Trott	Jacob Cryderman	Jeff Trott	Figure Skating Boot Camp	Jeff Trott	Mountain Yoga	Jeff Trott
Class	<i>Fitness</i>		<i>Jump class</i>		<i>Fitness</i>		<i>Yoga</i>	<i>Dance / Stretching</i>
Description	Off Ice fitness to provide exercises and programs to enhance the muscle and physical development required by skaters to further benefit their on ice development and ability.		Off ice jumps to simulate the on ice requirements and positions		Off Ice fitness to provide exercises and programs to enhance the muscle and physical development required by skaters to further benefit their on ice development and ability.		Sports yoga, for stretching and flexibility. Breathing technics and relaxation.	dance and body movements to create body awareness and expression.
What to Bring to every session	<p>Every session will start with a warm up. After that the session will have a specific area of focus with exercises designed to maximize the skaters potential. Each session will end with proper stretching and cool down.</p> <p>Proper training shoes - proper fit, good soles and MUST be properly tie up for class</p> <p>Water bottle - must be filled prior to class. Start drinking water in the morning so you are properly hydrated for classes and throughout the day</p> <p>Yoga mats - for sessions to accommodate stretching and floor work</p> <p>Healthy snacks - fuelling the body is important with such an active day. Make sure snacks are healthy and easy to eat.</p> <p>Change of clothes - in the event your clothes get damp (from hard work) please have a change of clothes to change into before you go on the ice</p> <p>A Good Attitude - These classes and programs are designed to enhance and benefit your on ice performance. Come prepared to work hard and participate fully. Skaters not participating or displaying poor behaviour and a negative attitude will be asked to leave the class.</p>							

Freezie Fridays:

- Once again we will be capping off our weeks with "Freezie Fridays".