

# ICE EDGE SUMMMER 2025

LEARN FROM THE BEST & BECOME THE BEST VERSION OF YOURSELF !!

## Star Skate & Pre Star Summer Ice Training

Monday, Tuesday Wednesday Thursday

Freeskate, Skills, Dance and Stroking for Star Skaters 1- Gold with private and group lessons from IESC SKATE CANADA PROFESSIONAL COACHES. Fun theme weeks with dress up and prizes every Thursday !

**Week # 1 July 7, 8, 9, 10 - Stampede Fun**

**Week # 2 July 14, 15, 16, 17 - Beach Vacation**

**Week # 3 July 21, 22, 23, 24 - Circus Sparkle**

**Week # 4 July 28, 29, 20, 31 - Super Hero**

**Week # 5 Aug 5, 6, 7 - Movie Star Magic**

(no class Monday Heritage Day Aug 4)

**Summer Skate by the Lake - Friday July 18 (Star 1-3)**

**Test Day - Friday August 8 (Star 4 +)**

**Mondays 11:15-12:15 Multi style Dance and Acro Sessions**

Learn new combinations and explore different dance styles to improve your on ice performance quality!



### SCHEDULE

8:00 am off -ice  
warm up lobby

8:15 - 11:00 am

on ice

Star Skate  
lessons in  
Freeskate, Skills  
& Dance.

Group Stroking

PRESTAR on ice

9:30-11:00 am

Dryland

11:15- 12:15  
pm

Wednesdays  
12:15-1:15

## MENTAL SKILLS

1

WEDNESDAY JULY 9  
WORKSHOP

Training like a  
Champion

2

WEDNESDAY JULY 16  
WORKSHOP

Self Confidence

3

WEDNESDAY JULY 23  
WORKSHOP

Positive Self Talk



**Dryland &  
Off-Ice  
Training**

4

WEDNESDAY JULY 30  
WORKSHOP

Evaluate under  
pressure

5

WEDNESDAY AUG 7  
WORKSHOP

Overcoming Anxiety

**Wednesdays 12:15-1:15**

**Mental Skills Sessions with  
Professor Candice Behm MSC**

Increase your confidence and improve your training with mental skills & information workshops for developing athletes.

**Tuesdays and Thursdays 11:15- 12:15**

**Fitness and Flexibility**

Dryland training is essential part of a Star Skaters routine. Improve your jump technique, increase your flexibility and gain strength and rotational speed with progressive sessions designed to reduce injuries, learn new skills and compliment all areas of your on ice learning.

**ICE EDGE FIGURE SKATING CLUB**

