



ASPIRE programming provides a comprehensive package program in a safe and supportive group training environment. ASPIRE is a bridge between Learn to Skate classes and private lessons for skaters that are becoming more serious about learning and becoming figure skaters.

The ASPIRE program offers a **Freestyle/ Off ice conditioning/ Rising Stars package** on Saturdays. A Freestyle session may be used for practice or to take private lessons (coaching fee not included). The option to take only Off ice conditioning and Rising Stars class is available. Skaters must be working on Basic 4 and above to join Rising Stars. Proper skates are required.

Off Ice Conditioning is an hour-long class that encompasses many aspects necessary for the developing skater. This includes; stretching, ballet barre work, turn out, plyometrics, (jumping), spin rotation, stamina and core strength. Throughout this work, skaters start to understand the control and process of what makes skating skills successful. We also keep it fun!!

Rising Stars is an hour-long class that works more intensively on developing crucial skating skills. These skills include but are not limited to; proper stroking, crossovers with more refined technique, edge work, power, basic jumping and basic spinning foundations. Also, some fun music work where skaters learn how all these components come together. More individual attention is given as skaters work with different coaches on each skating skill. Class size is limited, and we work on the full ice surface. Our skaters love the camaraderie and learning from each other.

We hope that if you love learning to skate and want to become your best skater, that you will join us!!

For any questions, please
contact us:

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Happy Skating!

Arlene & Andrea