



2024 Summer Skating

June 3 – August 16, 2024

Summer Guidelines

- **Ice monitors and Gilmour Ice Arena staff are not responsible for supervision of children that are dropped off at the rink and will not tie skates. This is not a camp and there is no supervision beyond what you contract in private lessons and the coaches teaching the on and off ice classes.**
- Coaches must be approved by the Figure Skating Coordinator to coach on Gilmour Summer Ice time. All Coaches must be fully compliant with USFS and provide proof of compliance and a copy of insurance certificate. Please email kappenhagenn@gilmour.org for approval and questions.
- Coaches may not have off ice classes or lessons during on and off ice clinic times. If you wish to schedule an off ice lesson, contact Nicky at kappenhagenn@gilmour.org to check on availability and reserve a locker room.
- All skaters are encouraged to be a member of Gilmour. Home Club members (include Aspire, Introductory, Full and Collegiate Memberships) will have priority to ice time & classes. Skaters with home clubs other than Gilmour are encouraged to have an associate membership. LTS USA memberships are only accepted on Low sessions.
- Private lessons are not included and to be contracted between the skater and coach.
- Skaters must have their own skates. Rental skates will not be available.
- All ice time must be reserved through JackRabbit. Ice and classes will be available for enrollment Monday the week before. Gilmour Home Club members will have priority to reserve ice and classes until noon on Wednesday. Associate members can reserve ice and classes after noon on Wednesday.
- Ice must be reserved at least 24 hours in advance. Reservations will close 24 hours before. If your name is not on the check in list, then you may not skate or participate in the class. 24-hour notice is required for all changes and cancellations. No refunds. If a walk-on is approved by the Figure Skating Coordinator the walk on fee is \$20/hour.
- Ice & classes will be billed weekly through JackRabbit.
- Ice time and off ice clinics will be \$12/Home Club Members, \$13/Associate Members \$18 non-members. On ice clinics will be \$9/Home Club Members & \$10/Associate Members. A one time summer admin fee of \$15 will be assessed to each skaters account.
- High session - skaters who have passed Pre-Bronze Singles Test (Pre-Juvenile FS) or higher. No dance or skating skills patterns are permitted on High sessions. General session- basic 4 and above. Low session – no hockey sticks – hockey players and skaters below basic 4 must be in a lesson the entire session.
- Instructors reserve the right to adjust the skater's clinics to match their skill level. Clinic instructors are subject to change.
- Half day Gilmour Summer Camps are offered so you can skate until 12:30pm and then a camp counselor will come to the rink and escort your skater to the camp. This includes lunch and full day camp on Fridays for \$225. Email kappenhagenn@gilmour.org once you register for your weekly ice time to get the code to register for camp. Please contact Rhonda with questions on camps at ricketmanr@gilmour.org.
- All ice time, clinics and afternoon camps are subject to change.

Week 1: June 3-7, 2024

Week 2: June 10-14, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am General 9:00-9:00am General
Off Ice: 9:10-9:50am High Jump 9:50-10:30am Low Jump	Off Ice: 9:10-9:50am High Strength 9:50-10:30am Low Pilates	Off Ice: 9:10-9:50am High Jump Rope & Stretch 9:50-10:30am Low stretch & Jump rope	Off Ice: 9:10-9:50am High Strength 9:50-10:30am Low Pilates	

Week 3: June 17-21, 2024

Monday – 17th	Tuesday – 18th	Wednesday – 19th	Thursday – 20th	Friday -21st
On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am High 9:10-10:10am General 10:10-11:10am General 11:20-12:20pm General 12:20-1:20pm – General 1:30-2:30pm – General 2:30-3:00pm – Low 3:00-3:30pm - Low	On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am General
Off Ice: 9:10-9:50am High Jump 9:50-10:30am Low Jump	Off Ice: 9:10-9:50am High Strength 9:50-10:30am Low Pilates	No Off Ice	Off Ice: 9:10-9:50am High Strength 9:50-10:30am Low Pilates	

Week 4: June 24-26, 2024 – No June 27th or 28th

Monday – 24th	Tuesday – 25th	Wednesday – 26th	27 th	28th
On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	No ice	No ice
Off Ice: 9:10-9:50am High Jump 9:50-10:30am Low Jump	Off Ice: 9:10-9:50am High Strength 9:50-10:30am Low Pilates	Off Ice: 9:10-9:50am High Jump Rope & Stretch 9:50-10:30am Low stretch & Jump rope		

Week 5: July 1-3 & 5 *no July 4

Monday – 1st	Tuesday – 2nd	Wednesday – 3rd	Friday – 5th
On Ice: 7:00-8:00am General 8:00-9:00am High 9:10-10:10am General 12:40-1:40pm General 1:40-2:10pm Low	On Ice: 7:00-8:00am General 8:00-9:00am High 9:10-10:10am General 12:40-1:40pm General 1:40-2:10pm Low	On Ice: 7:00-8:00am General 8:00-9:00am High 9:10-10:10am General 12:40-1:40pm General 1:40-2:10pm Low	On Ice: 7:00-8:00am General 8:00-9:00am General

Week 6: July 8-12, 2024

Monday – 8th	Tuesday - 9th	Wednesday – 10th	Thursday – 11th	Friday – 12th
On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am High 10:40-11:40am General 11:40-12:40pm General 1:50-2:50pm General 2:50-3:20pm Low	On Ice: 7:00-8:00am General 8:00-9:00am General
Off Ice: 9:10-9:50am High Jump 9:50-10:30am Low Jump	Off Ice: 9:10-9:50am High Strength 9:50-10:30am Low Pilates	Off Ice: 9:10-9:50am High Jump Rope & Stretch 9:50-10:30am Low stretch & Jump rope	Off Ice: 9:10-9:50am High Strength 9:50-10:30am Low Pilates	

Week 7: July 15-19, 2024

Week 8: July 22-26, 2024

Week 9: July 29-August 2, 2024

Week 10: August 5-9, 2024

Week 11: August 12-16, 2024

Monday	Tuesday	Wednesday	Thursday	Friday
On Ice: 7:30-8:30am General 8:30-9:30am High 9:30-9:50am High Clinic 10:00-11:00am General 11:00-12:00am General 12:00-12:20pm Low Clinic 12:30-1:30pm - General 1:30-2:30pm - General 2:30-3:00pm – Low 3:00-3:30pm - Low	On Ice: 7:30-8:30am General 8:30-9:30am High 9:30-9:50am High Clinic 10:00-11:00am General 11:00-12:00am General 12:00-12:20pm Low Clinic 12:30-1:30pm - General 1:30-2:30pm - General 2:30-3:00pm – Low 3:00-3:30pm - Low	On Ice: 7:00-7:30am General 7:30-8:30am General 8:30-9:30am High 9:30-9:50am High Clinic 10:00-11:00am General 11:00-12:00am General 12:00-12:20pm Low Clinic 12:30-1:30pm - General 1:30-2:30pm - General 2:30-3:00pm – Low 3:00-3:30pm - Low	On Ice: 7:30-8:30am General 8:30-9:30am High 9:30-9:50am High Clinic 10:00-11:00am General 11:00-12:00am General 12:00-12:20pm Low Clinic 12:30-1:30pm - General 1:30-2:30pm - General 2:30-3:00pm – Low 3:00-3:30pm - Low	On Ice: General 7:00-8:00am General 8:00-9:00am
Off Ice: 10:00-10:40am High Jump 9:10-9:50am Low Jump	Off Ice: 10:00-10:40am High Pilates 9:10-9:50am Low Pilates	Off Ice: 10:00-10:40am High Jump Rope & Stretch 9:10-9:50am Low Jump Rope & Stretch	Off Ice: 10:00-10:40am High Pilates 9:10-9:50am Low Pilates	

Off Ice Clinics:

Jump clinic by Sally – The purpose of this clinic is to introduce proper jump technique to a skater off the ice. Explosive take-offs, posture and body control, rotation and proper landing positions are the key ingredients to successfully building your jump arsenal from single to double jumps and double to triple jumps. Athletic shoes and jump rope are required. High jump - Double & Triple jumps. Low jump – Single jumps up to an Axel.

High Strength by Coach John Fagan – John Fagan has been coaching athletes for the last 30+ years. John was the Head Swimming Coach at Gilmour Academy from 2012-2019 bringing home 10 Individual and Relay State Champions as well as a State Runner-Up for Gilmour Academy. He has coached numerous State, Junior National, Senior National and Olympic Trials Qualifiers. John has been either CSCS, ACE and/or Crossfit certified since 1998. John looks at each individual as a "Whole Athlete", understanding that speed, strength, agility, injury prevention, mindset, recovery and nutrition are all equally important aspects of athleticism. High strength is for skaters landing Axel, double and triple jumps. Coach John will work on exercises for injury prevention and focus on strengthening joints, increasing range of motion work on core strength. Athletic shoes are required.

High & Low Pilates by Amber Kruse – Amber is a certified Personal Trainer through the National Academy of Sports Medicine and is a certified Pilates Instructor. High Pilates is for skaters landing Axel, doubles & triples. Low Pilates is for skaters working on their single jumps up through Axel. Athletic shoes and yoga mat are required.

High & Low Jump Rope & Stretch– Brandy Hemphill, Nicky Kappenhagen & guest coaches – Jumping rope is a great warm up before going on the ice, strengthens leg muscles, enhance coordination, increase endurance, refine jumping technique and increase jump explosion. This is accomplished by doing different jump variations and increasing speed of jumping. Stretching is a great injury prevention as well as increase flexibility in spirals and spin variations. Athletic shoes, jump rope and a bottle of water are required.

On Ice Clinics:

Monday, Tuesday & Thursday – High Power Skating by Nicky Kappenhagen & Low Power Skating by Brooke Mitro – Skaters will be challenged by increasing their edge depth, difficult turns, speed, power, endurance and improving skating skills.

Wednesday – High & Low Transitions & Tricks - Nicky Kappenhagen and Guest coaches – The second score in IJS is the component scores which include composition, presentation and skating skills. Skaters will work on their second score and exercises to learn and improve their IJS leveled spins.

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