

February 2021 Online Enrichment Schedule

Class	Description	Date	Time	Instructor
Jump Technique- Introduction	An introductory Class for Fast Track, PreStar, Star 1-3 . Skaters will begin to understand body positioning, and identifying muscle groups and movements for proper jump technique. No jumping experience required.	Feb 2, 2021 Feb 9, 2021 Feb 16, 2021	4:00- 4:50	Kelly Shock
Jump Technique- Introduction	An introductory Class for Star 4+ . Skaters will be introduced to proper body positioning and fundamental movements for proper jump technique. No Jumping experience required	Feb 2, 2021 Feb 9, 2021 Feb 16, 2021	5:00-5:50	Kelly Shock
Jump Technique- Toe loop/ Salchow	All skaters welcome . Building on the Introductory Skills, this 50-minute jump class will also focus on the Toe Loop/ 2T. Salchow/ 2S jumps. No double jump experience required.	Feb 5, 2021	4:30-5:20	Kelly Shock
Jump Technique- Loop / Flip/ Lutz	All skaters welcome . Building on the Introductory Skills, this 50-minute jump class will also focus on the Loop/2Lo, Flip/2F, Lutz/2Lz. No double jump experience required.	Feb 12, 2021	4:30-5:20	Kelly Shock
Jump Technique- Axel/ 2Axel	All skaters welcome . Building on the introductory Skills, this 50-minute jump class will focus on the Axel and 2A. No Double jump experience required.	Feb 19, 2021	4:30-5:20	Kelly Shock
Spin Flexibility	An introductory class for Fast Track, PreStar, Star1-3 . Skaters will explore a variety of positions as they work to increase their knowledge of flexibility	Feb 18, 2021	4:30-5:20	Kelly Shock
Spin Flexibility	An introductory class for Star 4+ . Skaters will explore a variety of strength and flexibility exercises geared to increasing balance and flexibility in all spin positions	Feb 18, 2021	5:30-6:20	Kelly Shock
Creative Ice Drama	An Introductory class for Fast Track, PreStar, Star 1-3 . Skaters will explore body and facial expression and artistry as it relates to on ice performance. Creativity and interactive games are the focus.	Feb 3, 2021	5:30-6:20	Jessica Crawford
Creative Ice Drama	A fun social and interactive class for Star 4+ . Skaters will participate in creative game-based exercises and competitions to enhance their individual expression, acting, and creativity. BRING IT!!!!	Feb 3, 2021	6:30-7:20	Jessica Crawford
Team Building GSC	An Introductory Class for Fast Track, PreStar, Star 1-3 . Young skaters will be introduced to their StarSkate peers and develop a sense of personal value within the GSC community.	Feb 10, 2021	5:30-6:20	Jessica Crawford

Dressing Room Escape!	This Star 4+ class is a fun social evening to expand and build on more personal relationships with their skating peers and the GSC community. Skaters might just have to work together to escape the virtual dressing room...	Feb 10, 2021	6:30-7:20	Jessica Crawford
Skating Trivia Night!	Set up as a fun game night for Fast Track, PreStar, Star 1-3 , the class will consist of an interactive history lesson as we explore the sport of figure skating with a Trivia Game!	Feb 17, 2021	5:30-6:20	Jessica Crawford
Skating Trivia Night!	This Star 4+ Trivia night is where skaters can unleash their inner competitive beast. Skaters who want to win should study skating facts, skating history, and skating people - all with proper spelling and pronunciation! Winners get bragging rights and a sense of accomplishment...oh and may	Feb 17, 2021	6:30-7:20	Jessica Crawford