

& SESSION CARDS

would like to participate in the following:

Style Session
Sessions (30 min. each)
ected Public Sessions

Classes (30 min. each)
Low Spins
Low Jumps
Power Stoking
Power Stoking

Classes (30 min. each)
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s training flyer.
Date _____

Amanda Carbone-Schumacher

- 20 years Skating experience
- 10 years of coaching experience
- Trained with Nationally recognized Coaches
- 3 Time Junior National Competitor
- Regional Gold Medalist
- Member USFS and ISI
- Years of Ice Shoe Experience
- Specializing in Freestyle, pairs, MITF & Choreography
- B.S. Communications Studies, Portland State University
- Accepting new students on limited availability

Contact: carbone.16@yahoo.com

Jeff Carstensen

- 24 years Professional experience
- USFS Double Gold Medalist
- US National Competitor
- Trained as a competitor by World & Olympic coaches Kathy Casey & John Nicks
- Coach of Regional, Sectional, National and International competitors
- Performed with Walt Disney World on Ice & Dorothy Hamill's Ice Capades
- USFS, PSA and ISI member
- ISI Certified Gold Level Judge
- PSA BA written exam accredited skaters for private lessons

Contact: djaxi@hotmail.com

Brittany Dunning

- Trained with a National and International Coaches
- Member USFS and ISI
- 8 Years competitive experience
- Currently training for USFS Gold Test
- First place 2006 Regional Championships

Contact: brittanysk8@hotmail.com

Stacy Dunning

- Trained with a National and International Coaches
- 10 years of ice show experience
- 7 years competitive experience
- Trained under National and Olympic Coaches
- Member USFS and ISI
- 7 Years competitive experience
- Currently skating and continuing skating education

Contact: dongc7@comcast.net

Gabrielle Ellis

- 20 years skating experience
- Specializing in Freestyle & Off-Ice Training
- Jumps, Power, Spins & Choreography
- Years competitive experience
- Coached by Olympic Medalist Natalia Mishkutenok & World and Olympic competitor
- Coached by Viktor Kuznetsov, 3 Time National Pairs Champion Melissa Militano
- Trains & Coaches using advanced Russian technique
- Member USFS and ISI
- Accepting students of all levels

Contact: gfireice7@gmail.com



www.KentValleyFSC.com

Our Professional Teaching Staff

Robert Hilton

- 16 years skating experience
- 3 Time Junior National Competitor
- Trained under National Recognized Coach
- Regional Gold Medalist
- Member USFS and ISI
- Years of Ice Shoe Experience
- Specializing in Freestyle, pairs, MITF & Choreography
- B.S. Communications Studies, Portland State University
- Accepting new students at any level

Contact: robby.hilton@gmail.com

Elaine Jurun

- 17 Years Skating Experience
- Specialize in Freestyle and Pairs: Jumps, Spins, Lifts, and Choreography
- 13 Years of Ballet and Dance
- Bronze level ISI Judge
- Member USFS and ISI
- Competed all over the USA as well as Canada
- Bachelor in design
- Synchronized Assistant Skating Coach
- Years of Ice Show Experience
- Accepting new students at any level

Contact: Ejurun@aol.com

Robyn Lane

- 25 years skating experience
- Trained under world class coaches
- Toured with "Grease on Ice"
- Gold MITF Test
- Member USFS & ISI
- ISI certified Judge, Silver Level
- Coaching all ages
- Freestyle, Choreography, and MITF
- Great with Hockey Skating Technique

Contact: robynlanesk8@hotmail.com

Juliet Lanphear

- 16 years Skating experience
- 10 years of ice show experience
- 7 years competitive experience
- Trained under National and Olympic Coaches
- Member USFS and ISI
- Specializes in Freestyle, MITF & Choreography
- Bachelor of Arts in Self and Society
- Accepting beginning to advanced skaters for private lessons

Contact: rockstarrh83@yahoo.com

Jessica Story

- 8 years skating experience
- Competitive Figure Skating
- Member USFS & ISI
- ISI Worlds 2009 – Gold, Silver & Bronze Medalist
- Trained by a National Level Coach
- Currently advancing skills with specialized training under Olympic, International, National and Worlds Level Coaches in CA

Contact: jkistory1@comcast.net

Megan Wendt

- 26 Years Skating Experience
- Member of USFS and ISI
- Toured with Disney on Ice
- USFS Silver Medalist, Freestyle and Figures
- ISI Certified Silver Level Judge
- Bachelor of Science in Computing and Software Systems
- Accepting new students at any level

Contact: megan.wendt@gmail.com

www.KentValleyFSC.com

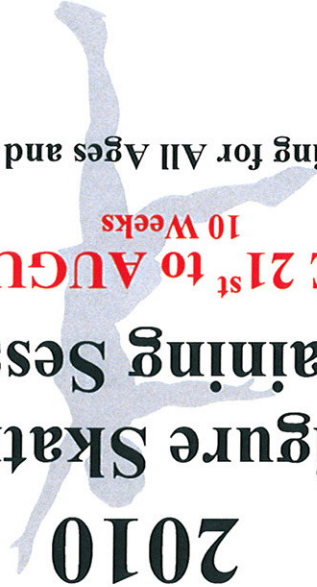


www.familynightout.com

**2010
Figure Skating
Training Session**

**JUNE 21st to AUGUST 28th
10 Weeks**

Ice Skating for All Ages and All Levels



6015 South 240 Street * Kent, WA * 98032
(253) 850-2400

5 SESSION

...sessions you want
 ...nce reservations are
 ... offers on-ice sessions,
 ...ety of off-ice classes.
 ...training program
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...compraises 10 weeks',
 ...-Ice Classes, On-Ice
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\$ 995.00
 \$ 2.49 ea.
 \$ 930.00
 \$ 3.32 ea.
 \$ 580.00
 \$ 4.14 ea.
 (\$ 4.25 ea.)
 (\$ 4.69 ea.)
 (\$ 5.00 ea.)
 5 ea.

...per day (minimum 3 on-ice sessions
 ...xpire on 8/28/10. (Any unused
 ...with discount cards.)

A * 98032

SCHEDULE* Mon, 6/21 to Sat, 8/28

Schedule subject to change. Monthly schedules will be printed.
 All sessions & Classes are 30 min, unless stated otherwise.

	MON	TUES	WED	THURS	FRI	SAT
6:00am	FS(7:00) FS(8:30)	FS(7:30) FS(9:00)	FS(7:30) FS(9:00)	FS(7:30) FS(9:00)	FS(7:30) FS(9:00)	FS(7:15) FS(8:45)
7:00am	FS(8:00) FS(9:30)	FS(8:30) FS(10:00)	FS(8:00) FS(9:30)	FS(8:00) FS(9:30)	FS(8:00) FS(9:30)	FS(7:45) FS(9:15)
8:00am	FS(9:00) FS(10:30)	FS(9:30) FS(11:00)	FS(9:00) FS(10:30)	FS(9:00) FS(10:30)	FS(9:00) FS(10:30)	FS(8:15) FS(9:45)
9:15am	FS(9:15) FS(10:45)	FS(9:15) FS(10:45)	FS(9:15) FS(10:45)	FS(9:15) FS(10:45)	FS(9:15) FS(10:45)	FS(8:45) FS(10:15)
10:15am	Hi/Lo Jumps (10:15)	Hi/Lo Jumps (9:45)	Hi/Lo Jumps (9:45)	Hi/Lo Jumps (9:45)	Hi/Lo Jumps (9:45)	Power(8:15) Office(9:30)
11:15am						Public (11:30-1:30)
12:15						LTS (11:45)
1:15pm	Office (1:45-3:15)	Public (1:45-3:15)	Public (1:45-3:15)	Public (1:45-3:15)	Public (1:45-3:15)	Public(12:45)
2:15pm	Power(2:45)	Public (1:45-3:15)	Public (1:45-3:15)	Public (1:45-3:15)	Public (1:45-3:15)	Office Power(1:45)
3:15pm	Hi Power(3:15)	FS(3:45)	Public (3:00-4:30)	Public (3:00-4:30)	Public (3:00-4:30)	Endurance(2:15) Office Power(1:45)
4:15pm	FS(4:15)	FS(4:15)	Public (3:45)	Public (3:45)	Public (3:45)	FS(2:15) FS(3:15) FS(4:15)
5:15pm		Power(5:15)	FS(4:45) (3:00-4:30)	FS(4:45) (3:00-4:30)	FS(4:45) (3:00-4:30)	FS(5:00)
6:00pm		LTS				
7:00pm						Public(6:30)

Limited Schedule: *up to 2 weeks TBA

Notes* • Sessions can include any combination of On-ice Sessions, On-ice Classes, Selected Public Sessions and/or Off-ice Classes. (Evening and weekend sessions prior to starting each session or will be charged double for each session not signed in. • Priority will be assigned on a first come, first served basis. • Management reserves the right to alter selected skating times or to select alternate skating times, which can be caused by low registrations. • We reserve the right to limit the number of skaters per session, should the numbers deem necessary, safety being a priority at all times. • Skaters agree to comply with all facility and summer school rules and regulations that may be adopted by the Kent Valley Ice Centre. • Programs I & II for individual use only and not for families.

On The Edge Cafe Summer Lunch Program

10 pack lunch cards featuring full meals, drinks and dessert are available for \$69.00. (Outside food or drink is not allowed). Cards will need to be purchased 1 week in advance of the start of summer school.

6015 South 240 Street * Kent, WA * 98032 (253) 850-2400



Off-ice Classes (30 min, each day)

Pilates Class (Mon, 1:45pm) Stretching type exercises to improve flexibility, core strength and prevent injury. (all levels)
Ballet Class (Wed, 10:30am) Bar exercises, stretching, rhythm to music and dance for presentation. Ballet shoes required. (all levels)
Jump Class (Fri, 10:15am) Practice jumping form, rotation, control and body alignment. (All levels)
Endurance Class (Fri, 2:15pm) Jogging and jump-roping to build strength and endurance. (All levels)
Conditioning Class (Sat, 10:00am) Exercises to gain core: upper body strength and flexibility and to prevent injuries. (All levels)

On-ice Sessions (30 min, ea / instructor fee extra)
Free Style Session Regular practice ice for skaters working on their programs or taking private lessons. (All levels)
Public Session Practice ice for skaters during selected Public Sessions: Tues., 1:45pm, Wed, 3:00pm and Thurs, 11:30am. **Publics will be 2 sessions on your card.** (All levels)

On-ice Classes (30 min, ea / includes instructor fee / each class will be 2 sessions on your card)
High-Low Spins (Mon, 9:45am) Focus on balance, body axis and techniques of different spins as well as creativity in spinning. (All levels – split according to level)
High-Low Jumps (Mon, 10:15am; Wed, 9:15am) Low level emphasizes singles jump techniques, power, height and jump combinations (Singles to Axel). High level emphasizes double jump techniques, power height and jump combinations. (Consistent axel and double jumps.)
Power Skating (Mon, 2:45pm, Tues, 5:15pm, Wed, 9:45am, Thurs, 1:45pm, Fri, 9:30am & Sat, 9:15am) Forward and backward stroking and crossovers (front and back). To improve skaters endurance and muscle strength. (Beta / Non-Test level or higher)

High Power Skating (Mon, 3:15pm) Power Skating for the advanced skaters. (Skaters must have consistent axel and double jumps.)

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