

# Pre-Axel Harness Training Clinic



Floyd Hall Arena is proud to announce the use of their brand new, state of the art jump harness. Use of this technology will allow skaters to broaden their jumping skills while limiting fear of falling and, therefore, injury. During these 30 minute semi-private clinics, skaters will take turns both using the jump harness and observing technique and strategy! This semi-private class will be held during our Learn to Skate program and be a wonderful addition to elite clinics or private lessons.

**Enhance your figure skating skills with this great clinic!**

## Highlights Include:

- ★ Introduction to the harness
- ★ Instruction on jump technique and rotation
- ★ A focus on axel preparation and execution
- ★ Taking what you learn on the harness and applying it to your everyday skating

**\*\*All participants must be recommended by their private lesson instructor or receive approval from Skating Director, Kristen Fraser\*\***

### **Tuesday**

4:00-4:30pm

April 11 – May 23 *\*no class May 9\**

6 Weeks / \$108

### **Thursday**

5:10-5:40pm

April 13 - May 25 *\*no class May 11\**

6 Weeks / \$108

- 3 skater maximum per group



PLEASE NOTE: There are no refunds, cancellations or make-ups. A credit will only be issued to those with a doctor's note. Spaces cannot be held without FULL payment. Walk-ons are only available for classes in which enrollment is not full!

**For more information, contact Kristen Fraser at 973-655-8013 or  
skatingdirector@floydhallarena.com**