**Jump and Spin Intensive Workshop**

**Tuesday, March 14th**

**5:30-6:30 pm**

**With Coach Natalie Grant and Coach Alex McCaslin**

For skaters age 8 and older; Need to have a two-foot spin and be mastering a waltz jump to participate.

Whether you are just starting to jump or are getting ready to tackle an axel, this session will help you break down jump dynamics and body positioning to give you more confidence when you leave the ice.

The Jump and Spin Intensive is a full hour of instruction of elements of jumps and spins at all levels. It will include a warm up, dedicated instruction focusing on form, technique and posture as it relates to proper execution of jumps and spins at all levels, and time to work with coach individually.

**Off Ice Strength & Balance Workshop**

**Saturday, March 18th**

**11:00 am – 12:00 pm**

**at Rebelle Studio (2501 W 11th Ave Eugene)**

Join 500hr RYT Lila Floyd for an hour long workshop where we will practice balance and stabilizing exercises, as well as some yoga practices to support figure skaters of all levels. This workshop will consist of exercises and yoga stretches, and will close with restorative and calming practices (to help get the most out of your ice time, and chill out those pre testing or competition jitters).

In her youth, Lila spent 3 years ice skating as much as she possibly could (her first group lessons were with the EFSC); and returned to the ice 3 years ago to reclaim the joy of flowing on the ice. She is thrilled to bring her 6 years of experience as a yoga and fitness instructor to support EFSC skaters.

Appropriate for all figure skaters age 8 and above.

Please plan to arrive at least 5 minutes early.

Have questions? Email Lila at balancewithlila@gmail.com

**Ice Dance Essentials Workshop**

**Tuesday, March 21st**

**5:30-6:30 pm**

**With Coach Ally Kuznia and Coach Elaine Pruett**

For skaters 8 and up, in Basic 5/6 and higher.

An essential introduction to the elements and nuances of the discipline of ice dance. Learn to count music and time your movements with the music; Learn basic dance skills, expression and posture and the different styles included in the ice dance genre.

Coach Ally’s passion for edge work and Coach Elaine’s enthusiasm for the art of the performance combine for this graceful and inspiring session. You’ll be counting the Canasta tango and applying your new skills to dance patterns as you waltz away from the session.

$40 per workshop, $100 for all 3\*

EFSC Member price $30 per workshop, $75 for all 3\*

\*If registered and paid for at one time.