



LAKE PLACID
SKATING

ADULT SKATING WEEK

AUGUST 19, 2024 - AUGUST 24, 2024

 **OLYMPIC CENTER**

CONTENTS

GENERAL INFO | 3

WELCOME | 3

SCHEDULES BY DAY

MONDAY | 4

TUESDAY | 5

WEDNESDAY | 6

THURSDAY | 7

FRIDAY | 8

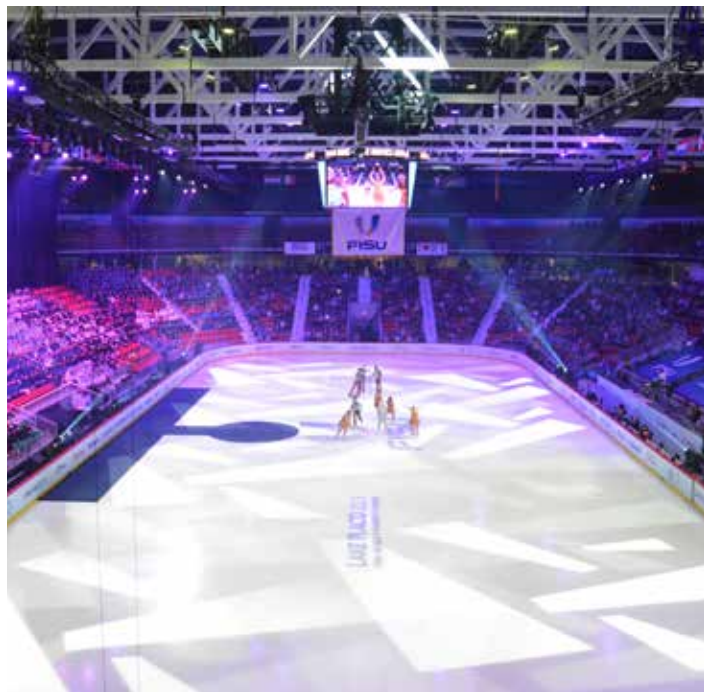
SATURDAY | 9

MASTER CLASS SCHEDULE | 10

PROFESSIONAL STAFF & CLASS
DESCRIPTIONS | 11

ARENA MAPS | 15

ARENA OFFERINGS | 16



The Olympic Center is operated by:

The NYS Olympic Regional Development Authority

State of New York

Kathy Hochoul, Governor

Joe Martens, Chairman

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<https://www.lakeplacidolympiccenter.com> | [@lpolympiccenter](https://twitter.com/lpolympiccenter)

GENERAL INFO

SESSION ENTRANCE

Please do not forget to bring your confirmation with bar code to the ice sessions as they will be scanned.

LESSON & CLASSES

There are NO TICKETS this year. Skaters will be required to PAY the coaches DIRECTLY for CLASSES and PRIVATE lessons. Please refer to the “Meet the Coaches” page for information from each coach.

BOX OFFICE INFORMATION & HOURS

The Box Office is located at the Main entrance in Miracle Plaza by the 1980 Herb Brooks Arena. They are open from 10:00 AM – 5:00 PM daily.

GROUP CLASSES

Group classes are \$15 per 25-minute class. Classes longer than 25 minutes may cost more. Please check the class descriptions from each coach. Group classes do not fill up!

LOCKER ROOMS

Locker rooms 3 & 4 in the 1980 Rink hallway will be available for you to use during the week.

OLYMPIC CENTER ADDRESS

2634 Main Street
Lake Placid, NY 12946

WELCOME

SUNDAY, AUGUST 18TH

Welcome to Lake Placid Adult Skating Week!!

WELCOME RECEPTION | MEET & GREET

5:30 PM – 7:00 PM in Roamers' Cafe and Bar.
Refreshments will be served.

WARM-UP SESSION

This session is to give you a chance to warm up and get your blades under you before the week's activities really begin!

7:00 PM – 7:50 PM – 1980 Rink

ALL COACHES WILL BE THERE!!!

PARKING

Limited on street parking is available on Main Street. Parking is also available in the Municipal Lot on Main Street next to the arena. Free parking may be available in the USA Rink Lot or School Lot on Cummings Road.

CHECK-IN

We will have check-in at the Adult Skating Week table, located in Roamers' Café on the second floor of Miracle Plaza from 5:30pm to 7:00pm. If you can't make it, that's ok! You can pick up your packet at the Adult Skating Week table when you arrive.

EXHIBITION SIGN-UP

This year's Adult Group number is a medley of “The Phantom of the Opera”! Please keep this in mind for any special attire you may have for the performance.

If you would like to skate in the exhibition on Saturday, please turn your form in at the Adult Skating Week table before 3:00 PM on Thursday.

REVISED 08.14.24



SCHEDULES

MONDAY, AUG 19TH

USA DAY

Celebrate the "Spirit of America" by wearing Red, White, and Blue showcasing your patriotic pride on the ice!

ADULT FIGURE SKATING OFF-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
7:40 AM – 8:10 AM	1980 Mezzanine	Dynamic Stretch	Kami Netri
4:00PM – 4:30PM	1980 Mezzanine	Yoga for Skating Recovery	Mimi Wacholder

ADULT FIGURE SKATING SESSIONS		
TIME	RINK	SESSION
7:00 AM – 7:50 AM	1980	Open Freestyle
7:15 AM – 8:05 AM	USA	Patch Session
8:00 AM – 8:50 AM	1980	Skating Skills Session
8:15 AM – 9:30 AM	USA	Group Classes
9:00 AM – 9:50 AM	1980	Open Freestyle
10:00 AM – 10:50 AM	1980	Open Freestyle
11:00AM – 11:50AM	1980	Open Freestyle
11:30AM – 12:45PM	USA	Group Classes
1:00PM – 2:15PM	USA	Group Classes
2:00PM – 2:50PM	1980	Open Freestyle
2:25PM – 3:15PM	USA	Patch Session
3:00 PM – 3:50 PM	1980	Ice Dance Session
3:15PM – 3:45PM	USA	Group Show Rehearsal
4:00 PM – 4:50 PM	1980	Open Freestyle
5:00 PM – 5:50 PM	1980	Open Freestyle
6:00 PM – 6:50 PM	1980	Open Freestyle

ADULT FIGURE SKATING ON-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
8:15 AM – 8:40 AM	USA	School Figures / Patch	Kami Netri
8:40 AM – 9:05AM	USA	Edge Class / Stroking / Movement	Paul Wylie
9:05 AM – 9:30 AM	USA	The Key to Edge Jumps	Paul Wylie
11:30 AM – 11:55 AM	USA	Forward Outside 3's	Karen Courtland Kelly
11:55 AM – 12:20 PM	USA	Forward Outside Mohawk	Karen Courtland Kelly
12:20 PM – 12:45 PM	USA	Preparing for the Axel: Step 1	Kami Netri
1:00 PM – 1:25 PM	USA	SOS – Foundations of Alignment	Mimi Wacholder
1:25 PM – 1:50 PM	USA		Mimi Wacholder
1:50 PM – 2:15 PM	USA	Spin Entries & Exits	Jeff LaBrake
3:15 PM – 3:45 PM	USA	ADULT GROUP NUMBER	Jeff LaBrake

SCHEDULES

TUESDAY, AUG 20TH

PAJAMA DAY

Skaters can hit the ice in their coziest pajamas, bringing a touch of bedtime comfort to their training. From flannel sets and onesies to robes and sleep masks, this day is all about a fun and comfy skating experience.

ADULT FIGURE SKATING OFF-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
7:40 AM – 8:10 AM	1980 Mezzanine	Dynamic Stretch	Paige Ketsoglou-Bacchi
12:00 AM – 12:45 AM	1980 Mezzanine	Thera-Band Strength Class	Paige Ketsoglou-Bacchi
4:00PM – 4:30PM	1980 Mezzanine	Off-Ice Jumps	Paul Wylie

ADULT FIGURE SKATING SESSIONS		
TIME	RINK	SESSION
7:00 AM – 7:50 AM	1980	Open Freestyle
7:15 AM – 8:05 AM	USA	Patch Session
8:00 AM – 8:50 AM	1980	Skating Skills Session
8:15 AM – 9:30 AM	USA	Group Classes
9:00 AM – 9:50 AM	1980	Open Freestyle
10:00 AM – 10:50 AM	1980	Open Freestyle
11:00AM – 11:50AM	1980	Open Freestyle
11:30AM – 12:45PM	USA	Group Classes
1:00PM – 2:15PM	USA	Group Classes
2:00PM – 2:50PM	1980	Open Freestyle
2:25PM – 3:15PM	USA	Patch Session
3:00 PM – 3:50 PM	1980	Ice Dance Session
3:15PM – 3:45PM	USA	Group Show Rehearsal
4:00 PM – 4:50 PM	1980	Open Freestyle
5:00 PM – 5:50 PM	1980	Open Freestyle
6:00 PM – 6:50 PM	1980	Open Freestyle

ADULT FIGURE SKATING ON-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
8:15 AM – 8:40 AM	USA	School Figures / Patch	Kami Netri
8:40 AM – 9:05AM	USA	Edge Class / Stroking / Movement	Paul Wylie
9:05 AM – 9:30 AM	USA	Basic Partnering	Marc Fenczak
11:30 AM – 11:55 AM	USA	All Things SPIRALS!	Paige Ketsoglou-Bacchi
11:55 AM – 12:20 PM	USA	Swing Rolls & Cross Rolls	Marc Fenczak
12:20 PM – 12:45 PM	USA	Spread Eagles & Ina Bauers	Paul Wylie
1:00 PM – 1:25 PM	USA	Brackets	Kami Netri
1:25 PM – 1:50 PM	USA	Loop, Flip & Lutz Jumps	Jeff LaBrake
1:50 PM – 2:15 PM	USA	Flying Spins	Paul Wylie
3:15 PM – 3:45 PM	USA	ADULT GROUP NUMBER	Jeff LaBrake

SCHEDULES

WEDNESDAY, AUG 21ST

TROPICAL DAY

Think Hawaiian shirts, grass skirts, leis, and bright floral prints. Skaters can channel the sunny vibes of a tropical getaway while working on their skills, bringing a splash of color and fun to the rink!

ADULT FIGURE SKATING OFF-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
7:40 AM – 8:10 AM	1980 Mezzanine	Dynamic Stretch	Paige Ketsoglou-Bacchi
12:00 AM – 12:45 AM	1980 Mezzanine	Thera-Band Strength Class	Paige Ketsoglou-Bacchi
4:00PM – 4:30PM	1980 Mezzanine	Yoga for Skating Recovery	Mimi Wacholder

ADULT FIGURE SKATING SESSIONS		
TIME	RINK	SESSION
7:00 AM – 7:50 AM	1980	Open Freestyle
7:15 AM – 8:05 AM	USA	Patch Session
8:00 AM – 8:50 AM	1980	Skating Skills Session
8:15 AM – 9:30 AM	USA	Group Classes
9:00 AM – 9:50 AM	1980	Open Freestyle
10:00 AM – 10:50 AM	1980	Open Freestyle
11:00AM – 11:50AM	1980	Open Freestyle
11:30AM – 12:45PM	USA	Group Classes
1:00PM – 2:15PM	USA	Group Classes
2:00PM – 2:50PM	1980	Open Freestyle
2:25PM – 3:15PM	USA	Patch Session
2:50PM	1980	GROUP PHOTO
Wear your Adult Week T-shirt		
3:00 PM – 3:50 PM	1980	Ice Dance Session
3:15PM – 3:45PM	USA	Group Show Rehearsal
4:00 PM – 4:50 PM	1980	Open Freestyle
5:00 PM – 5:50 PM	1980	Open Freestyle
6:00 PM – 6:50 PM	1980	Open Freestyle

ADULT FIGURE SKATING ON-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
8:15 AM – 8:40 AM	USA	School Figures / Patch	Kami Netri
8:40 AM – 9:05AM	USA	Edge Class / Stroking / Movement	Paul Wylie
9:05 AM – 9:30 AM	USA	Twizzles	Marc Fenczak
11:30 AM – 11:55 AM	USA	Forward Inside 3's	Karen Courtland Kelly
11:55 AM – 12:20 PM	USA	Forward Inside Mohawk	Karen Courtland Kelly
12:20 PM – 12:45 PM	USA	Preparing for the Axel: Step 2	Kami Netri
1:00 PM – 1:25 PM	USA	SOS- Principles for Smoother Turns	Mimi Wacholder
1:25 PM – 1:50 PM	USA		Mimi Wacholder
1:50 PM – 2:15 PM	USA	Two-Foot, Scratch & Back Scratch Spins	Paul Wylie
3:15 PM – 3:45 PM	USA	ADULT GROUP NUMBER	Jeff LaBrake

LEARN TO CURL

8:00 PM – 9:30 PM | 1932 Rink

Learn the basics of another ice sport and play some fun games with your new and not so new adult skating friends! Refreshments will be served.

SCHEDULES

THURSDAY, AUG 22ND

80'S DAY

Step back in time to the decade of neon colors, big hair, and leg warmers. Skaters can embrace the iconic fashion of the 1980's with bold patterns, oversized sweaters, and plenty of accessories. This retro-themed day will have everyone feeling nostalgic and energized as they skate to the beats of classic 80's hits!

ADULT FIGURE SKATING OFF-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
7:40 AM – 8:10 AM	1980 Mezzanine	Dynamic Stretch	Paige Ketsoglou-Bacchi
12:00 AM – 12:45 AM	1980 Mezzanine	Ballet/Dance	Paige Ketsoglou-Bacchi
4:00PM – 4:30PM	1980 Mezzanine	Off-Ice Jumps	Paul Wylie

ADULT FIGURE SKATING SESSIONS		
TIME	RINK	SESSION
7:00 AM – 7:50 AM	1980	Open Freestyle
7:15 AM – 8:05 AM	USA	Patch Session
8:00 AM – 8:50 AM	1980	Open Freestyle
8:15 AM – 9:30 AM	USA	Group Classes
9:00 AM – 9:50 AM	1980	Open Freestyle
10:00 AM – 10:50 AM	1980	Open Freestyle
11:00AM – 11:50AM	1980	Skating Skills Session
11:30AM – 12:45PM	USA	Group Classes
1:00PM – 1:50PM	1980	Open Freestyle
1:00PM – 2:15PM	USA	Group Classes
2:00PM – 2:50PM	1980	Open Freestyle
2:25PM – 3:15PM	USA	Patch Session
3:00 PM – 3:50 PM	1980	Ice Dance Session
3:15PM – 3:45PM	USA	Group Show Rehearsal
4:00 PM – 4:50 PM	1980	Open Freestyle
5:00 PM – 5:50 PM	1980	Open Freestyle

ADULT FIGURE SKATING ON-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
8:15 AM – 8:40 AM	USA	School Figures / Patch	Kami Netri
8:40 AM – 9:05AM	USA	Edge Class / Stroking / Movement	Paul Wylie
11:30 AM – 11:55 AM	USA	Counters	Kami Netri
11:55 AM – 12:20 PM	USA	Rockers	Kami Netri
12:20 PM – 12:45 PM	USA	Dead Dances	Marc Fenczak
1:00 PM – 1:25 PM	USA	Mastering Toe Jumps	Paul Wylie
1:25 PM – 1:50 PM	USA	Spirals, Lunges & Knee-slides	Jeff LaBrake
1:50 PM – 2:15 PM	USA	Footwork and other SHOWSTOPPERS!	Paul Wylie
3:15 PM – 3:45 PM	USA	ADULT GROUP NUMBER	Jeff LaBrake

SCHEDULES

FRIDAY, AUG 23RD

WESTERN DAY

Saddle up for a day of cowboy and cowgirl flair on ice. Skaters can dress in denim, plaid skirts, and cowboy hats, bringing the Wild West to the rink. Country music will entertain you all, and maybe even inspire some Hoe-Down dancing!!!

ADULT FIGURE SKATING OFF-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
7:40 AM – 8:10 AM	1980 Mezzanine	Dynamic Stretch	Paige Ketsoglou-Bacchi
12:00 AM – 12:45 AM	1980 Mezzanine	Thera-Band Strength Class	Paige Ketsoglou-Bacchi

ADULT FIGURE SKATING SESSIONS		
TIME	RINK	SESSION
7:00 AM – 7:50 AM	1980	Open Freestyle
7:15 AM – 8:05 AM	USA	Patch Session
8:00 AM – 8:50 AM	1980	Open Freestyle
8:05 AM – 9:05 AM	USA	Group Classes
9:00 AM – 9:50 AM	1980	Open Freestyle
10:00 AM – 10:50 AM	1980	Open Freestyle
11:00AM – 11:50AM	1980	Skating Skills Session
1:00PM – 1:50PM	1980	Open Freestyle
1:30PM – 2:45PM	USA	Group Classes
2:00PM – 2:50PM	1980	Open Freestyle
3:00 PM – 3:50 PM	1980	Ice Dance Session
3:00PM – 4:15PM	USA	Group Classes
4:00 PM – 4:50 PM	1980	Open Freestyle
4:30PM – 5:20PM	USA	Group Show Rehearsal
5:00 PM – 5:50 PM	1980	Open Freestyle

ADULT FIGURE SKATING ON-ICE GROUP CLASSES			
TIME	LOCATION	CLASS	INSTRUCTOR
8:05am-8:35am	USA	School Figures / Patch	Kami Netri
8:35 AM – 9:05AM	USA	Edge Class / Stroking / Movement	Paul Wylie
1:30 PM – 1:55 PM	USA	Line Dance on Ice!	Paige Ketsoglou-Bacchi
1:55 PM – 2:20 PM	USA	Backward Outside & Inside 3's	Karen Courtland Kelly
2:20 PM – 2:45 PM	USA	SOS-Applying the Principles to Spins	Mimi Wacholder
3:00 PM – 3:25 PM	USA		Mimi Wacholder
3:25 PM – 3:50 PM	USA	Preparing for the Axel: Step 3	Kami Netri
3:50 PM – 4:15 PM	USA	Choreography, Interpretation & Presentation	Paul Wylie
4:30 PM – 5:20 PM	USA	ADULT GROUP NUMBER	Jeff LaBrake

SCHEDULES

SATURDAY, AUG 24TH

EXHIBITION

11:30 AM – 1980 Rink

Show off your skills and cheer on your friends!

ADULT FIGURE SKATING SESSIONS

TIME	RINK	SESSION
7:00 AM – 7:50 AM	1980	Open Freestyle
8:00 AM – 8:50 AM	1980	Open Freestyle
9:00 AM – 9:50 AM	1980	Open Freestyle
10:00 AM – 10:50 AM	1980	Open Freestyle
11:00 AM – 11:30AM	1980	Exhibition Rehearsal
11:30Am – 12:30PM	1980	Exhibition
1:00 PM – 1:50 PM	1980	Open Freestyle
2:00PM – 2:50PM	1980	Open Freestyle
3:00PM – 3:50PM	1980	Open Freestyle
4:00PM – 4:50PM	1980	Open Freestyle



MASTER CLASS SCHEDULE

ON ICE CLASS	OFF ICE CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	7:40am - 8:10am	Mezzanine	Dynamic Stretch	Dynamic Stretch	Dynamic Stretch	
8:00am-8:40am		1980 RINK	Skating Skills Session	Skating Skills Session	Open Freestyle	Open Freestyle
8:05am-8:40am		USA RINK	School Figures/Patch	School Figures/Patch	School Figures/Patch	School Figures/Patch
8:40am-9:05am		USA RINK	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement
9:05am-9:30am		USA RINK	The Key to Edge Jumps	Basic Partnering	Twizzles	Understanding Check & Check Transitions
11:00am-11:50am		1980 RINK	Open Freestyle	Open Freestyle	Skating Skills Session	Skating Skills Session
11:30am-11:55am		USA RINK	Forward Outside 3's	All Things SPIRALS!	Counters	
11:55am-12:20pm		USA RINK	Forward Outside Mohawk	Swing Rolls & Cross Rolls	Rockers	
	12:00pm - 12:45pm	Mezzanine		Thera-Band Strength	Ballet/Dance	Thera-Band Strength
12:20pm-12:45pm		USA RINK	Preparing for the Axel: Step 1	Spread Eagles & Ina Bauers	Dead Dances	
1:00pm-1:25pm		USA RINK	SOS - Foundations of Alignment	Brackets	Mastering Toe Jumps	1:30pm-1:55pm Line Dance on Ice!
1:25pm-1:50pm		USA RINK		Loop, Flip & Lutz Jumps	Spirals, Lunges & Knee-slides	1:55pm-2:20pm Backward Outside & Inside 3's
1:50pm-2:15pm		USA RINK	Spin Entries & Exits	Flying Spins	Two-Foot, Scratch & Back Scratch Spins	2:20pm-2:45pm SOS Applying the Principles to Spins
3:00pm-3:50pm		1980 RINK	Ice Dance Session	Ice Dance Session	Ice Dance Session	Ice Dance Session
3:15pm-3:45pm		USA RINK	Group Rehearsal	Group Rehearsal	Group Rehearsal	3:00pm-3:25pm SOS Applying the Principles to Spins
		USA RINK				3:25pm-3:50pm Preparing for the Axel: Step 3
		USA RINK				3:50pm-4:15pm Choreography, Interpretation & Presentation
		USA RINK				4:30pm-5:20pm Group Rehearsal
	4:00pm - 4:30pm	Mezzanine	Yoga for Skating Recovery	Off-Ice Jumps	Yoga for Skating Recovery	Off-Ice Jumps

PROFESSIONAL STAFF

MARC FENCZAK

973-919-6143

fenczak@gmail.com

3 time US National Competitor, 5 time World Figure Sport Silver Medalist and Hall of Fame Inductee, Specializes in Stroking Technique, Moves in the Field, Ice Dance and Figures

Group classes are \$15

Private Lessons are \$55 a half hour.

Cash or Check

PAIGE KETSOGLOU-BACCHI

paigevicki@aol.com

Venmo: @paige-ketsoglou

US Figure Skater, Double Gold Medalist

Paige Ketsoglou-Bacchi is a professional dancer who studied dance at LIU Post University and Broadway Dance Center. She has performed for different dance companies in NYC as well as was a back up dancer for multiple singers. She currently owns a dance studio on Long Island. Paige is a USFSA double gold medalist and has been coaching for 15 years.

Group classes are \$15

All of Paige's classes should be payed for by venmo to @paige-ketsoglou

CLASS DESCRIPTIONS

Stroking Technique - A class that focuses on knee and ankle action combined with proper check positions to achieve better speed and stability.

Dead Dances - A class where we learn a compulsory dance from the history books!

Basic Partnering - Bring a skating partner and learn to stroke and track in various Dance positions.

Understanding Check and Check Transitions - A continuation of the Stroking Technique class this time focusing on transitions from any edge to any edge.

Her class "**Stretch and Strengthening**" will include a head to toe stretch as well as a little bit of a work out to get your muscles warm. Her **Ballet class** is geared towards skaters as it focuses on grace and balance for the ice. She will also be teaching a **Thera-Band class** which is a 45 min class of small workouts while using a Thera-Band, which will be provided. Be ready to work in all three classes!

All Things Spirals is a class that focuses on every spiral imagined. Regular, edge spirals, "catch" spirals, and more.

Western Line Dancing on Ice - come prepared to kick off your cowboy boots and lace up your skates for some country line dance on ice. Don't forget your western attire.



PROFESSIONAL STAFF

KAREN COURTLAND KELLY

518-304-3029

kckelly@worldfiguresport.org

MA, Olympian

Mrs. Kelly is World Figure Sport's Chef de Mission of Education and Sport, and the first woman in US Figure Skating history to achieve 6 gold test medals in every discipline. She is celebrating her 29th Anniversary Year teaching in Lake Placid.

Group classes are \$15

Cash or Venmo: @Karen-Courtland



JEFF LABRAKE

786-417-6155

Sk8adagio@aol.com

Jeff is a former competitive skater who racked up numerous medals in Pair Skating with his sister in the Novice, Junior & Senior levels in Regionals, Sectionals & Nationals and is also a Regional Junior Men's Champion. He went on to turn professional and toured throughout the World performing in every possible ice show that was created during his 30 year career as a Principle, performing in singles & pairs/adagio. His passion has always been teaching and loves teaching skaters of all ages. His focus has always been on good technique & good control will make the best skater.

CLASS DESCRIPTIONS

ON-ICE

3's & Mohawks - This class is perfect for those beginning or mastering their 3-turn and Mohawk skating journey.

OFF-ICE

You are also invited to:

World Figure & Fancy Skating's 10th Anniversary Jeweled Sport Dinner & Fundraiser in Roamers Cafe. Thursday, August 22nd at 6:30pm. *Reservations are a plus \$40 per person.* Text any communications to: 518-304-3029. Payment accepted by: World Figure Sport Society, not-for-profit by Venmo, Cheque, Cash or Credit card. Major Skating memorabilia will be available.

World Sk8ting & Arts School's On-site Class for Adult Skaters is offering cool Lake Placid souvenirs! Our customizable Lake Placid souvenir experience is perfect for individuals, groups, and teams. The souvenir keychain is 3D printed using corn-based bioplastic and is ready to color, bedazzle, and decorate! All ages are welcome! Make a memory you can take home with you! Reserve your tickets today.

Please contact medals@worldfiguresport.org or call 518-304-3029 to arrange.

This event is offered Saturdays from 4:00pm – 4:45pm in Roamers' Café. Tickets may be bought online or at the Olympic Center Box Office.

Adult Group Number to Masquerade from Phantom of the Opera

Bring your most lavish costumes and masks to join in and learn a fun, and inspiring number that will challenge you to become the performer you have always wanted to be! This will be a number that will bring out the best of your skating, whether you are a beginner or the most seasoned of skaters.

PROFESSIONAL STAFF

KAMI NETRI

(914) 417-7964

US Figure Skater, Double Gold Medalist (Free Skating, Figures)

Lake placid native. Have been coaching for 43 years. Beginners to national competitors. My main passion is passing on the love for the sport to the next generation.

Patch/Figure Class are \$20

Axel Class are \$15

Cash at time of class. No Venmo

MIMI WACHOLDER

Systemofskating.com

518.637.1482

As a US Team Member and International Competitive Ice Dancer, she was known for her authenticity as a performer. After retiring from competition, she was a principal performer in the Ice Capades and performed and choreographed with the Ice Theatre of NY. She has a BFA in Creative Communications from Emerson College and is a RYT/Structural Yoga Therapist (mimyoga.com)

With extensive knowledge, practice and teaching in complementary disciplines including, yoga, barre, pilates and dance, Mimi is able to guide her students to better understand the structure and functional capacity of their own bodies.

Group classes are \$30 (double class)

Yoga Classes are \$15

Cash or Venmo: @mimi-wacholder

CLASS DESCRIPTIONS

Learn the basic Figures and the basics for ALL of skating. This skill will improve your overall balance and control for better edge quality and power. This will be a progressive class moving from Basic 8's through the original figure test structure

The morning class will be taught on the 8:00am **Patch** session by Kami Netri

Please join me. All levels welcome.

Preparing for the Axel - A series of preparatory exercises & drills to help you feel confident to gear up for the axel jump.

SOS™ is a comprehensive, structured approach to understanding the fundamentals of figure skating. The SOS™ principles include alignment, counter-balance and core rotation. These principles facilitate the incremental development of skating skills from basic to advanced.

SOS™ was designed specifically for adult skaters, and unlike other corrective coaching feedback, it is not based on what the skater is doing "wrong", but instead reinforces an understanding of what is "right."

Mimi Wacholder created SOS™ as a way to give more skaters and coaches access to the tools and techniques she has gathered throughout her 30 year coaching career.

Monday 50 minute **SOS 1. Foundations of alignment and stroking**

Wednesday 50 minute **SOS 2. Applying the SOS principles for smoother turns**

Friday 50 minute **SOS 3 Applying the principles to spins**

Monday and Wednesday only for **Yoga Alignment and Recovery for Skaters**

PROFESSIONAL STAFF

PAUL WYLIE

gowylie@icloud.com

Venmo: @paul-wylie

Olympic Silver Medalist, World Professional Champion, PSA Master Rated Coach

Paul Wylie loves teaching adults! Olympic Silver Medalist, World Professional Champion, PSA Master Rated Coach, Paul has also taught seminars to skaters of all ages for over thirty years, where he has crafted his own edge, jump and on- and off-ice classes designed to bring the best out of you. He has a BA in Government and an MBA in General Management from Harvard University and is married with three teenagers. Paul's passion is to help skaters gain confidence on the ice, learning to love the movement and performance which makes our sport unique.

Group classes are \$15

CLASS DESCRIPTIONS

Edge Class / Stroking / Fluid Movement (Daily) - In this class Paul will lead you through movements that cover the ice with flow, building control and security. Paul meets skaters where they are, working down the ice on everything from Swizzles, Swing Rolls, Cross Rolls and Chasses. Set to music, this is a fun approach to building skating skills.

JUMPS

Edge Jumps - Paul will work on the basics of using your edge to pull on the ice and rock into the air on Waltz/Axel, Loop. Emphasis on quality take-offs, air position, and landing positions.

Toe Jumps - Paul will work on the basics of toe-loop, flip and lutz, encouraging technique that enables consistency and correct form and edges on take-offs.

CLASS DESCRIPTIONS

SPINS

Two-Foot, Scratch and Back Scratch Spins -

Upright Spins are critical to confident performance, often earning the biggest hand from the audience and pluses from the judging panel. Paul will work on entrances, centering, leg and arm positions, timing, as well as exits for the best effect. Back Scratch Spins are an essential component to jumping technique, helping the skater learn the air position that gives consistently fast RPMs for jumps.

Camels and Sit Spins - Paul will work to help you obtain positions that will generate solid rotations, earning GOEs and eventually, features that will count for higher points.

Flying Spins - Paul will help you with flying camel, flying sit and other variations, including the camel-sit with a fly in between.

Variations - Paul will help you earn more points with your spins by creating solid variations, entrances and exits.

Footwork, Spirals, Spread Eagles and other showstoppers - Since 50% of the score for skating programs is artistic, Paul will work with you on the movements that will work with various pieces of music to create memorable moments in your program.

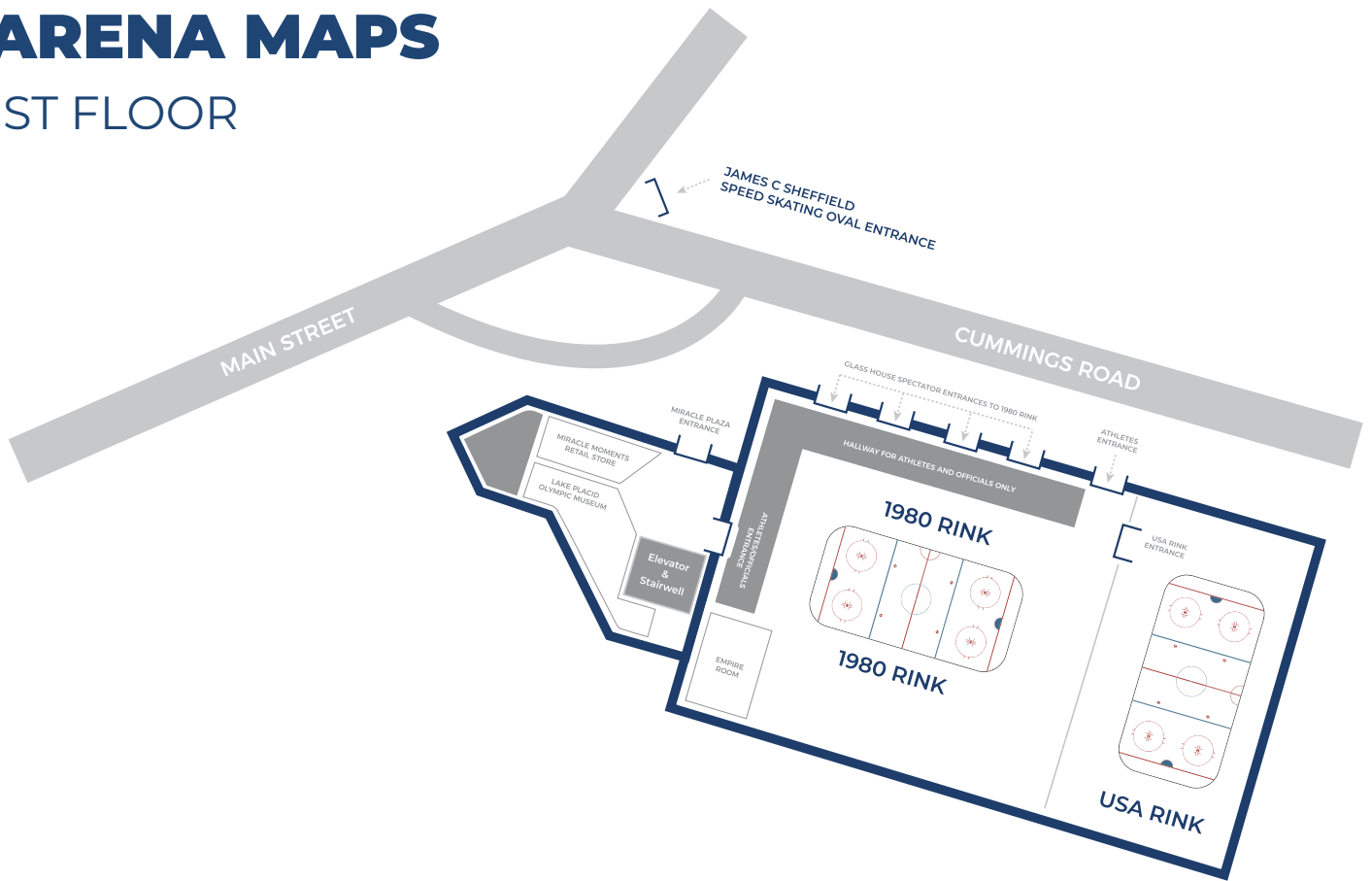
Choreography, Interpretation and Presentation - Paul will work with the group to coach you in using various pieces of music to the fullest effect. Focusing on quality movements that add artistic flair and enable interpretation of various types of music, enjoy the process of pulling the audience and the judges into your performance.

OFF-ICE

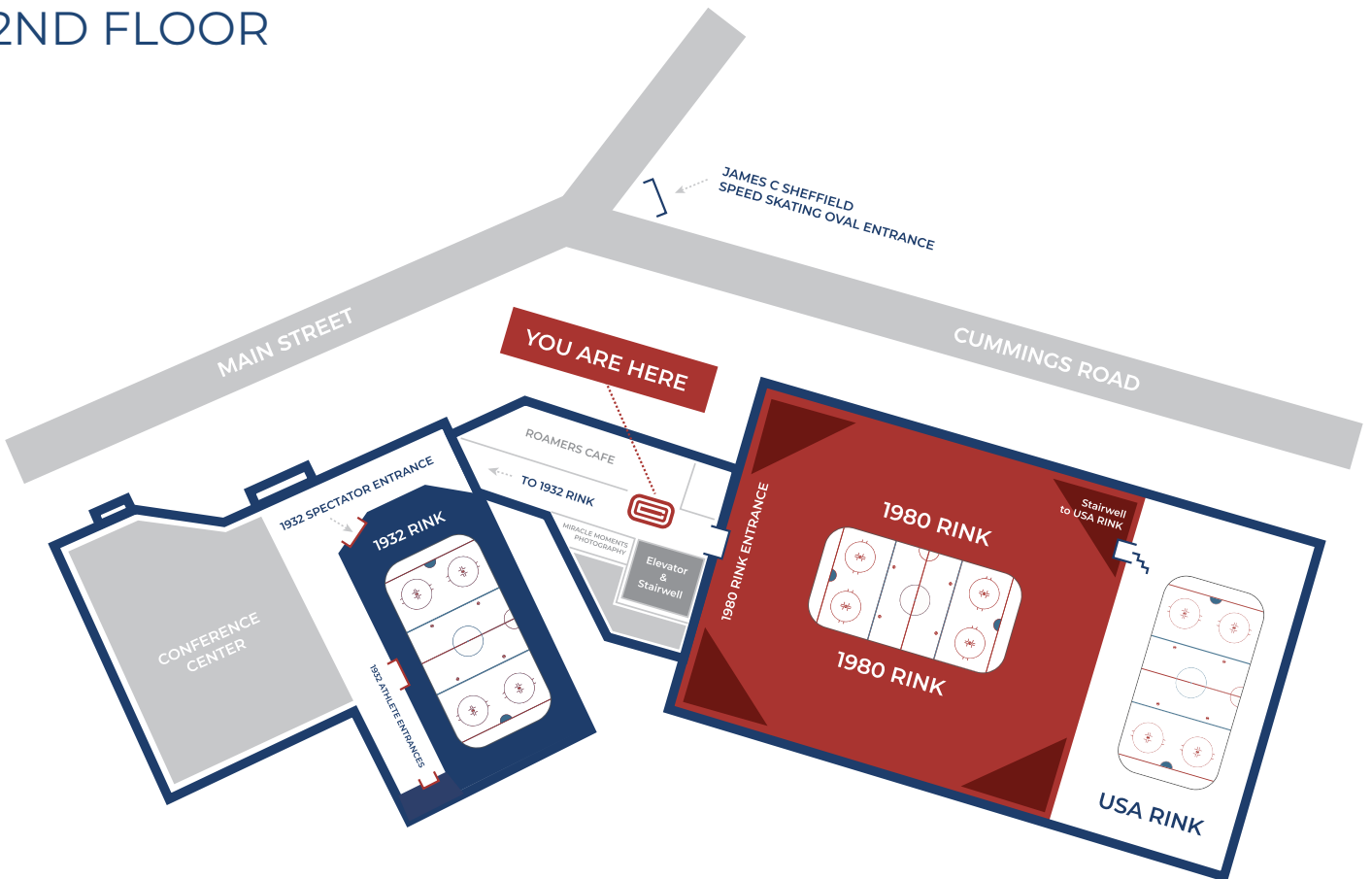
Jumps and Spins - In this off-ice class, Paul will help you prepare for successful jumps and spins through timing and sequential positions, designed to get you efficiently from preparation to performance.

ARENA MAPS

1ST FLOOR



2ND FLOOR





CAFE HOURS

WED - SAT | 10AM - 5PM



SCAN MENU

BAR

FRIDAY
12PM - 7PM



LAKE PLACID
OLYMPIC MUSEUM



MIRACLE
MOMENTS
STORE

OPEN DAILY | 10AM - 5PM