

MISC 10.45am–11.15am Group Tuition

Group – Exercise I

The second group tuition session that the Club runs on a Sunday is on the end ice at the entrance end of the ice rink, with general skating on the rest of the ice.

Anyone is welcome to join the group at any time. This tuition is specifically designed to concentrate on improving general skating skills and working together as a group. The below list of elements is the elements that will be covered when *group exercise I* is that months group. The elements covered change on a monthly basis.

Forward 2 foot slalom,

Backward 2 foot slalom

Forward outside and inside curves

Backward outside and inside curves, Interlinked

3 turns forward Outside and Inside

1 foot spin with correct entry and exit

3 jump

salchow

forward outside and forward inside spiral