

Other Summer Activities

Mountain Biking	Paved Bike Paths	Hiking	Gym
Bowling Alley	Horseback Riding	Gun Club	Golf
River Rafting	Paragliding	Fishing	Boating
Olympic Size Pool	Two Heated Pools	Sauna	Hot Tub
Full Service Salon	World Class Spa	Art Galleries	Shopping
Outdoor Concerts	17 Tennis Courts	Restaurants	

Dine at the famous Lodge Terrace, where guests may watch world-renowned skaters practice for the Sun Valley Summer Ice Shows.

For more information and to download registration forms please visit our website www.sunvalley.com/skateschool.



Summer Ice Shows

Join the excitement Saturday nights at dusk, July 3rd through Labor Day. Call the Sun Valley Recreation office for information and tickets: 208.622.2135



Ryan Bradley
US Gold Medalist

"Sun Valley is the most anticipated time of my year. It is my little home away from home. I hope to keep coming back for the rest of my life."



Sun Valley Skating School

208.622.2193 • skatingcenter@sunvalley.com
www.sunvalley.com/skateschool



Keep in touch for exciting kids' programs and events throughout the season.



Sun Valley Skating School Coaches

Darlin Baker \$68/25

Coaches: Freestyle, Dance, Moves in the Field & Choreography
Email: darlin@darlinsdarlins.com

Kelsey Bates \$50/25

Coaches: Freestyle, Moves & Choreography
Email: kelsey@bates.com

Judy Blumberg \$70/25

Coaches: Dance, Freestyle, Moves & Choreography
Email: judybnnyc@aol.com

Brent Bommentre \$60/25

Coaches: Ice Dance & Moves in the Field
Email: skaterbab@aol.com

Ryan Bradley \$65/25

Coaches: Spins, Jumps & Basic Skills
Email: ryansbradley1@gmail.com

Ashley Clark \$55/25

Coaches: Style, Choreography, Freestyle, Spins, Moves in the Field & Dartfish Certified
Email: sk8erclark@mac.com

Jason Graetz \$50/25

Coaches: Basic Skills, Freestyle, Tricks & Figures
Email: itsjasongraetz@gmail.com

Stephane Grosscup \$60/25

Coaches: Basic Skills, Jumps, Spins, Moves, Choreography, Style & Line, Figures
Email: spinsfaster@me.com

Gia Guddat \$60/25

Coaches: Freestyle, Choreography, Style & Clinics
Email: giaguddatSV@aol.com

Anita Hartshorn \$60/25

Coaches: Freestyle, Moves, Pairs & Choreography
Email: fandaice@aol.com

Craig Heath \$65/25

Coaches: Spins, Freestyle & Choreography
Email: craigsk8@icloud.com

Michele Monnier \$60/25

Coaches: Figures, Freestyle, Dance, Moves
Email: stasaspunky@gmail.com

Nix Phengsy \$55/25

Coaches: Freestyle, Pairs Moves & Choreography
Email: nix12skater13@gmail.com

Frank Sweiding \$60/25

Coaches: Freestyle, Pairs, Figures & Power
Email: fsweiding@gmail.com

Lexis Verhulst \$50/25

Coaches: Freestyle, Moves Skating Skills & Choreography
Email: verhulstlexis@yahoo.com

Natalia Zaitseva \$55/25

Coaches: Freestyle, Pairs, Power Stroking & Choreography, Moves & Off Ice Conditioning
Email: nzaya@mail.ru



Summer Skating School
June 17th - August 16th 2024

* Coaches subject to change due to unforeseen circumstances.
* Lesson prices based on 25 minute lesson



Skating Clinics: Your Turn on The Ice

Sun Valley Skating School

Celebrating Our 88th Season!

Nestled in the middle of the spectacular Sawtooth Mountain Range is picturesque Sun Valley. There is no better place to train than the Sun Valley Skating Center which features:

- High altitude training
- Full-service skate shop
- Beautiful 180x90 foot outdoor rink
- Up to 20 sessions a day to choose from
- Full-size indoor rink with jumping harness
- International staff of over 20 top professionals & champions
- Over 10 different clinics offered by some of the most well respected professionals in the country

Registration

Weekly Rates:

Reservations are made on a Monday through Friday basis. Walk-on's for sessions at the Skating Center will be on a first-come, first-served basis at \$18.00 per session. Sessions fill up quickly. See the payment schedule sheet for individual and weekly prices for sessions and clinics.

Lockers: \$15 per week or \$45 per month.

Register for ice time:

For your convenience we now offer online registration at www.sunvalley.com/skateschool. Applications will be taken online only. Phone reservations cannot be accepted. For information only, please call: 208.622.2192 or 208.622.2193.

Mailing Address:

**Scott Irvine–Sun Valley Ice Skating School
Sun Valley Resort
PO Box 10, Sun Valley, Idaho 83353**

208.622.2193
skatingcenter@sunvalley.com

Dance with Our Stars

Cost: \$20 per class

Whether you're a beginner or an experienced ice dancer, the stars of Sun Valley on Ice will help sharpen your skills. Join our rotating staff of dance coaches and feel the thrill of one of the hottest disciplines in skating.

Days: Monday

Time: 1:20pm–1:45pm

Spin to Win with Craig Heath

Cost: \$40 per week

Class will focus on Craig's techniques to improve overall speed, length of spins and positions. With the new judging system in place, this is the perfect time to give extra attention to all of your spins.

Days: Tuesday & Thursday

Time: 8:30am–8:55am

Off-Ice Conditioning

Cost: \$60 per week

Each day will focus on different strength and conditioning exercises, including stretching, off-ice jumps, dance, etc. To help build core strength and flexibility. Ballet studio.

Days: Mon, Wed & Fri

Time: 11:30am–12:15pm

Edge & Extend

Cost: \$40 per week

Class focuses on basic and complex exercises using edges, turns, and extension. Helpful in strengthening overall skating skills, moves in the field, and transitions.

Days: Tuesday & Thursday

Low: Pre-pre thru Pre-juv

Time: 2:45pm–3:10pm

High: Juvenile & up

Time: 3:10pm–3:35pm

Jump Technique

Cost: \$20 per class

Rotating staff of coaches will focus on various aspects of jump technique and practice exercises. Hone your jumping skills today.

Days: Friday

Time: 1:20pm–1:45pm

Creative Components with Anita Hartshorn

Preliminary & up

Cost: \$20/class

Component markd are a critical part of a skaters score and here's how to BOOST you game. This class will focus on creative body movement, slides, and artistic presentation skills. Learn to create connections between and within elements with an emphasis on expressiveness, projection, and clarity of movement.

Days: Tuesday

Time: 1:20pm–1:45pm

Power Stroking w/ Natalia Zaitseva

Cost: \$60 per week

Maximize your overall power on the ice through your edges, your knees and your feet.

Days: Monday, Wednesday & Friday

Low: Basic thru pre-juvenile

Time: 2:45pm–3:10pm

High: Juvenile & up

Time: 3:10pm–3:35pm

Sk8 Tricks with Craig Heath

Cost: \$20 per week

Sk8 Tricks focuses on all the different traditional "show tricks" such as butterflies, illusions, hydroblading, spread eagles, stars, etc.

Days: Friday

Time: 8:30am–8:55am

Jump to Win with Craig Heath

Cost: \$40 per week

Give your day a "JUMP" start with Craig's "Jump to Win." Class focuses on jump technique, exercise to improve jumping ability, solid landing positions & overall consistency.

Days: Monday & Wednesday

Time: 8:30am–8:55am

Show Skating 101 with Stephanee Grosscup

Juvenile & up

Cost: \$20 per week

Learn how to pose, present, perform, create patterns, and polish your routines for either competition or shows! Join choreographer Stephanee Grosscup as she uses actual steps and routines from Sun Valley on Ice to demonstrate and teach the performance skills necessary for success.

Days: Thursday

Time: 1:20pm–1:45pm

Coffee Club (Adults Only)

Cost: \$100 per week

Join us on the beautiful outdoor rink for a morning of learning & fun. Class is for adults only, taught by a rotating staff of professionals focusing on a different aspect of the sport each day. Skills include edges, moves, dance, choreography, style, musical interpretation and more. Coffee and general session included.

Days: Monday–Friday

Time: 9:05am–9:30am

Spiral in Style with Darlin Baker

Cost: \$20 per week

Make your spirals sparkle and shine. Class will focus on basic spirals to advanced spirals, variations and extensions. Emphasis will be on technique, turn out, extension and flexibility, while working on sustaining positions and being creative.

Days: Wednesday

Time: 1:20pm–1:45pm

Figures 101

Cost: \$20 per week

School figures are the basis for almost every element in skating. Join Frank Sweiding and learn basic figure elements that inspired the modern sport. Twenty-five minute group instruction and patch session included.

Days: Monday

Time: 7:40am–8:05am

Stepping Out

Cost: \$100 per week

Learn to perform like a pro. Each week new choreography is taught to music and developed to performance quality by Friday. Focus is on learning new step combinations, counting music, learning to perform and develop different styles.

Days: Monday–Friday

Time: 4:00pm–4:25pm

Special Events

2024 Sun Valley Summer Championships / July 18 - 21

Official practice and event times will be announced in May. Please visit the Sun Valley Figure Skating Clubs website for more information.

www.sunvalleyfsc.org

The Sun Valley Summer Championships offers events from Basic Skills to Senior in Compulsory, Free-Skate, Artistic, Showcase and National Solo Dance Series.

Sun Valley FSC Summer 2024 Test Session

August 25th - Application deadline is **TBD**

Applications can be downloaded from the SVFSC website

www.sunvalleyfsc.org

20th Annual Adult SkatersWeek / August 18-25

The adult's only week will include: multiple sessions with On Ice Seminars World-class presenters in Freestyle, Dance & Choreography

On Ice activities and clinics fee \$850



INDOOR RINK

TIME	SESSION/CLASS	LEVEL	DAY
7:30 - 8:20	Open Freestyle/Dance	Basic 5 - Gold (Basic 5 - Sr.)	Mon - Fri
8:30 - 9:20	Open Freestyle/Dance	Basic 5 - Gold (Basic 5 - Sr.)	Mon - Fri
9:30 - 10:20	Freestyle/Dance	PP - Pre Silver (Pre Pre - Int)	Mon - Fri
10:30 - 11:20	Freestyle/Dance	Bronze - Gold (Juv - Sr)	Mon - Fri
11:30 - 12:20	Freestyle/Dance	Pre Silver - Gold (Int - Sr)	Mon - Fri
11:30 - 12:15	Off Ice Conditioning		M, W, F
12:30 - 1:20	Adult Session		Mon - Fri
1:20 - 1:45	Dance with our Stars		Mon
1:20 - 1:45	Creative Components	Pre - Gold (Pre - Sr)	Tue
1:20 - 1:45	Spiral in Style		Wed
1:20 - 1:45	Show Skating 101	Bronze - Gold (Juv - Sr)	Thur
1:20 - 1:45	Jump Technique		Fri
1:55 - 2:45	Freestyle/Dance	Basic 5 - Bronze (Basic 5 - Juv)	Mon - Fri
2:45 - 3:10	Stroking (Low)	B5 - Pre Bronze (B5 - Pre Juv)	M, W, F
2:45 - 3:10	Edge & Extend (Low)	PP - Pre Bronze (Pre Pre - Pre Juv)	Tue, Thurs
3:10 - 3:35	Stroking (High)	Bronze - Gold (Juv - Sr)	M, W, F
3:10 - 3:35	Edge & Extend (High)	Bronze - Gold (Juv - Sr)	Tue, Thurs
3:45 - 4:35	Freestyle/Dance	Pre Silver - Gold (Int - Sr)	Mon - Fri
4:35 - 5:25	Open Freestyle/Dance	Basic 5 - Gold (Basic 5 - Sr.)	Mon - Fri
5:35 - 6:25	Dance/Moves	Preliminary - Gold (Preliminary - Sr)	Mon - Fri
6:25 - 7:25	Dance	Preliminary - Gold (Preliminary - Sr)	Tue, Thurs

OUTDOOR RINK

TIME	SESSION/CLASS	LEVEL	DAY
7:40 - 8:05	Figures 101		Mon
7:40 - 8:30	Patch		Mon - Fri
8:30 - 8:55	Jump to Win		Mon & Wed
8:30 - 8:55	Spin to Win		Tue & Thur
8:30 - 8:55	Sk8 Tricks		Fri
9:05 - 9:30	Coffee Club		Mon - Fri
9:30 - 11:00	General Session	Public	Mon - Fri
11:10 - 12:00	Adult Session		M, T, T, F
12:25 - 1:15	SV PRO ICE (Private)		Mon - Fri
1:30 - 3:00	General Session	Public	Mon - Fri
3:10 - 4:00	Freestyle *under 18 years*	Basic 5 - Bronze Basic 5 - Juv	Mon - Fri
4:00 - 4:25	Stepping Out!		Mon - Fri
4:30 - 6:00*	General Session	Public	Mon - Fri
6:30 - 7:20*	Freestyle	Bronze - Gold (Juv - Sr)	Mon - Fri
7:30 - 9:00*	General Session	Public	Mon - Fri

*Session Cancelled on Ice Show Nights

** To skate a session you must have passed the FREESTYLE test for that level, not just the Moves test.

Summer 2024

