

OFF-SKATE CONDITIONING CLASS



Need to work on cleaning up your landings?

Need more flexibility and refinement for your routines?

Please join Dan Collins - former roller and ice skating champion - for a class that will strengthen the muscles you need to JUMP HIGHER, improve your skating POSTURE, increase FLEXIBILITY and ENDURANCE, and STRENGTHEN YOUR CORE - stomach and back muscles.

Benefits of Off Skate Exercise:

- Improved balance means less falls on skates!
- Increased flexibility for higher kicks, straighter legs on traveling camels, ability to arch your back further.
- Better posture will improve your look and gracefulness and give you higher, stronger jumps and landings.
- You will see an improvement in your artistic and overall scores at competitions.

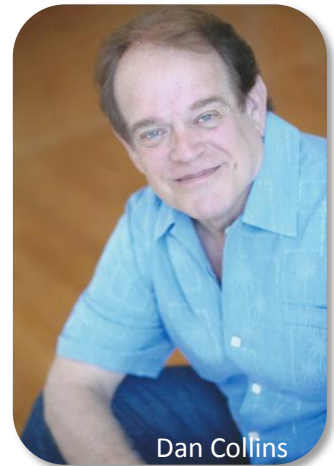
Where: **The Colony of Performing Arts**
12962 Main St
Garden Grove, CA 92840

When: Saturdays, beginning September 6th

Time: 2:00PM – 3:30PM

Contact: Dan Collins at (714) 741-0190

Email: cpadlc@aol.com



Dan Collins

Bio: Dan Collins is currently the President of The Colony of Performing Arts in Garden Grove - a multi-use instructional facility which offers students (adult, child, amateur or professional) opportunities to study any and all of the performing arts including: voice, drama, choreography, music, plus all forms of dance. Dan has had many years of experience on all sides of the entertainment industry. He brings to The Colony a long list of ongoing professional credits. In addition to his work at The Colony, he's worked with World Class Skaters including Nicole, Derek, and Brett Leonard, and award winner Alexa Schlackman.

Dan brings his experience from skating at National Level events in Singles, Free Style, and Dance to this Specialized Class for skaters who want to take their skating to the next level.