



JUNE 29 - SEPTEMBER 3

SUMMER PROGRAMS

PRIORITY BOOKING (MEMBERS ONLY)

APRIL 15 - 21, 2026

REGULAR BOOKING / DROP IN

(MEMBER & NON-MEMBER) - APRIL 22 - SEPTEMBER 3

EDGE CLASSES

WITH MARK MITCHELL & PETER JOHANSSON

This specialized class focuses on enhancing the foundational skills necessary for figure skaters to improve their technique, control, and overall performance on the ice. Through a series of drills and exercises, skaters will work on increasing their stability, building confidence on various edges (inside, outside, and transitions between), and improving their ability to change directions and speeds seamlessly.

EDGE CLASS - HIGH (PASSED BRONZE OR HIGHER FREE SKATE) | TUESDAYS AT 8:10 AM - 9:10 AM

EDGE & SPINS CLASS - LOW (PASSED ASPIRE 1 - BRONZE FREE SKATE) | TUESDAYS AT 2:00 PM - 3:00 PM

EDGE & JUMPS CLASS - LOW (PASSED ASPIRE 1 - BRONZE FREE SKATE) | THURSDAYS AT 8:10 AM - 9:10 AM

JUMPS & SPINS

WITH MARK MITCHELL & PETER JOHANSSON

This specialized session is designed to help figure skaters develop and refine their jumping and spinning techniques. This class combines elements of both aerial maneuvers and rotational skills, which are essential for skaters competing at higher levels. During the class, skaters focus on the proper mechanics, timing, and technique required to execute a variety of jumps such as toe loops, salchows, loops, lutzes, and axels, as well as spins like upright, sit, camel, and layback spins.

HIGH (PASSED BRONZE OR HIGHER FREE SKATE) | WEDNESDAYS AT 8:10 AM - 9:10 AM

SYNCHRO SKILLS & DRILLS

WITH AMANDA WERNER & JOHANNA JACKSON

This specialized skating skills class is tailored for synchronized skaters, focusing on the fundamental techniques and advanced maneuvers essential for seamless team performance. We emphasize precision, power, and unity, developing the individual skills that contribute to a cohesive and captivating team presentation.

BRONZE - SILVER SKATING SKILLS | MONDAYS | 7:50 PM - 8:50 PM

SILVER SKATING SKILLS & ABOVE | WEDNESDAYS | 7:50 PM - 8:50 PM

ADULTS | MONDAYS | 9:00 PM - 10:00 PM



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DANCE

WITH WHITNEY MACISSAC OF ELOQUENCE DANCE STUDIO

This dance class helps figure skaters improve artistry, musicality, and performance on the ice. Through across-the-floor exercises, technique, and choreography, skaters develop movement quality, rhythm, posture, expression, coordination, and body awareness. The class also builds confidence and strengthens connection to music and storytelling to enhance competitive and show programs.

12 & UNDER | TUESDAYS AT 12:50 AM - 1:50 PM

13 & OVER | TUESDAYS AT 2:00 PM - 3:00 PM

YOGA

WITH MICHELLE GOODNOW

Yoga is often described as calming the mind's whirlwind—something figure skaters need for both focus and flow on and off the ice. This skater-focused class uses mindful movement through traditional poses, emphasizing breath, alignment, and body awareness. It builds the strength, flexibility, stability, and control needed for edges, jumps, spins, and artistry. Poses are held to develop proper technique before transitioning, with sequences including modified sun salutations, balance work, hip and back mobility, and core exercises that compliment skating.

12 & OLDER | MONDAYS AT 11:10 AM - 12:10 PM

PILATES

WITH ELENA MOGLIA

This Pilates-based conditioning class is designed specifically to support the strength, stability, and body control needed for figure skating. Through controlled movements and mindful training, skaters will develop stronger core stability, improved posture, better body awareness, and increased flexibility—all essential components for jumps, spins, and overall skating performance. Elena's background in physical therapy ensures exercises are performed with proper technique and attention to safe, efficient movement.

12 & OLDER | THURSDAYS AT 1:40 PM - 2:30 PM



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STRENGTH & CONDITIONING

WITH LIFT STRENGTH & PERFORMANCE

This comprehensive strength and conditioning class is designed to build the specific physical attributes required for peak performance in figure skating. We focus on developing athletes core strength, lower body power, stability, and injury prevention, enabling skaters to execute jumps, spins, and intricate footwork with greater control and confidence. Class size limited to 10.

13 & OVER | MONDAYS AT 1:30 PM - 2:30 PM | WEDNESDAYS AT 1:30 PM - 2:30 PM

12 & UNDER | MONDAYS AT 3:10 PM - 4:10 PM | WEDNESDAYS AT 3:10 AM - 4:10 PM

STRETCH & STRENGTHEN

PREMIER PERFORMANCE PHYSICAL THERAPY & SPORTS MEDICINE

Stretch and strengthen this summer with the guidance of the physical therapists at Premier Physical Therapy! This small group class will provide guidance by a Doctor of Physical Therapy in off ice warm up routines, stability training, plyometric training, and jump mechanics. In addition you will receive valuable education in how to prevent skating related injuries and tips to address skating related aches and pains. Enhance your performance on the ice with comprehensive training off the ice!

MONDAYS AT 6:30 - 7:30 PM

WEDNESDAYS AT 6:30 - 7:30 PM

REGISTER TODAY AT: <https://colonialfsc.myhalix.io/pages/home>



Questions? Email customerservice@colonialfsc.com or call 978-263-3450



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	EDGE CLASS HIGH 8:10 - 9:10 AM RINK 2	JUMPS & SPINS HIGH 8:10 - 9:10 AM RINK 2	EDGE & JUMPS CLASS LOW 8:10 - 9:10 AM RINK 2	<p style="text-align: center;">ICE BOOKING PORTAL</p> 
YOGA 12 & OLDER 11:10 AM - 12:10 PM DANCE ROOM				
STRENGTH & CONDITIONING 13 & UP 1:30 - 2:30 PM OFF-ICE RINK 3	DANCE 12 & UNDER 12:50 - 1:50 PM DANCE ROOM	STRENGTH & CONDITIONING 13 & UP 1:30 - 2:30 PM OFF-ICE RINK 3		
STRENGTH & CONDITIONING 12 & UNDER 3:10 - 4:10 PM OFF-ICE RINK 3	DANCE 13 & OLDER 2:00 - 3:00 PM DANCE ROOM	STRENGTH & CONDITIONING 12 & UNDER 3:10 - 4:10 PM OFF-ICE RINK 3	PILATES 12 & OLDER 1:40 - 2:30 PM DANCE ROOM	
STRETCH & STRENGTHEN 6:30 - 7:30 PM	EDGE & SPINS CLASS LOW 2:00 - 3:00 PM RINK 2	STRETCH & STRENGTHEN 6:30 - 7:30 PM		
SYNCHRO SKILLS & DRILLS BRONZE - SILVER 7:50 - 8:50 PM RINK 2		SYNCHRO SKILLS & DRILLS SILVER & UP 7:50 - 8:50 PM RINK 2		
SYNCHRO SKILLS & DRILLS ADULTS 9:00 - 10:00 PM RINK 2				