

**Announcing  
the**

**Hickory Hill**  
Figure Skating Club



# SUMMER SKATING SEMINAR SERIES

**Featuring Seminars by our All-Star World  
and Olympic competitor Coaches!**

## **Igor Lukanin: Week 1**



How to properly warm up on ice.



On ice exercises to prepare for ice dance, synchro, free skate, etc.

## **Eve Chalom: Week 2**



How to move Eve style.



Natural approach to moving on ice and improving fluidity, using different techniques developed by Eve Chalom.

## **Mathew Gates: Weeks 3 and 4**



Perfecting the technique of edges/turns - rockers, counters, brackets, twizzles, outside Mohawks - lobe holding.



Partnering work- cross tracking 3s, Mohawks, lobe changing in waltz, kilian- lobe holding, etc.

**Location:** Evarts Rink, Harvey School, Katonah NY

**Dates:** Sundays from July 11th through August 1st.

The ice cost for all 4 weeks of ice (8 hours total) is **\$150**, with one hour of guesting at **\$25** and 2 hours at **\$45**. The seminar cost to sign up in advance for the 4 seminar series will be **\$40**. Walk-on fees for each seminar will be **\$15**.

**Email Wendy at [wmlinar@aol.com](mailto:wmlinar@aol.com) or call 914-764-4703 to sign up!**