

Course Offerings

LG	Training Weeks	Requirements and Training Goals	Trainingsessions/Week
LG 1a	July 8-13, 2024 July 15-20, 2024 July 22-27, 2024 July 29 - August 3, 2024 August 05-10, 2024	High-Performance Athletes For high-performance athletes already established in international or national competitions. Focus on 2A/3A challenges, as well as all triple and quadruple jumps.	11 Ice Training Sessions (75 minutes each) Including On-Ice Dance Workshop Technical Sessions: Steps, Jumps, Spins Choreography and Private Lessons upon request 6 Dance Sessions and 3 Athletic Sessions 700 CHF/week
LG 1b	July 8-13, 2024 July 15-20, 2024 July 22-27, 2024 July 29 - August 3, 2024 August 05-10, 2024	Aspiring High-Performance Athletes For skaters aspiring to enter high-performance training with the necessary efficiency and consistency. Participants should at least master the single Axel. The training goal is to learn the remaining double jumps, corresponding spins, and steps. OR for those at the Interbronze level (SIS) or higher who do not yet master the Axel but wish to participate in full-day training.	11 Ice Training Sessions (75 minutes each) Including On-Ice Dance Workshop Technical Sessions: Steps, Jumps, Spins Choreography and Private Lessons upon request 6 Dance Sessions and 3 Athletic Sessions 700 CHF/week
LG 2	July 8-13, 2024 - On Request Only July 15-20, 2024 - On Request Only July 22-27, 2024 July 29 - August 3, 2024 August 05-10, 2024	Figure Skating - Advanced Participants should master all single jumps. The training goal is to learn the single Axel, as well as double jumps and the corresponding spins and steps. Half-day course.	12 Ice Training Sessions (50 minutes each) 6 Dance/Athletic Sessions 550 CHF/week
LG 3	July 8-13, 2024 - On Request Only July 15-20, 2024 - On Request Only July 22-27, 2024 July 29 - August 3, 2024 August 05-10, 2024	Figure Skating - Beginners Participants do not yet master all single jumps. The training goal is to learn the remaining single jumps, as well as spins and steps. Half-day course.	12 Ice Training Sessions (50 minutes each) 6 Dance/Athletic Sessions 550 CHF/week
LG 4	July 8-13, 2024 - On Request Only July 15-20, 2024 - On Request Only July 22-27, 2024 July 29 - August 3, 2024 August 05-10, 2024	Children's Figure Skating - Basic School For children with their own ice skating equipment and little prior knowledge. Joyful, playful introduction and stabilization of the basics. Half-day course.	6 Ice Training Sessions (50 minutes each) 6 Dance/Athletic Sessions 350 CHF/ week
LG 5	July 8-13, 2024 July 15-20, 2024 July 22-27, 2024- On Request only July 29 - August 3, 2024 August 05-10, 2024	Adult Figure Skating For adults who master the basics of figure skating and are interested in further developing their skills.	12 Ice Training Sessions (50 minutes each) 6 Off-Ice Training Sessions 550 CHF/week
LG 6	July 8-13, 2024 July 15-20, 2024 July 22-27, 2024- On Request only July 29 - August 3, 2024 August 05-10, 2024	Adult Ice Skating For adults who master the basics of ice skating and are interested in an introduction to recreational-oriented figure skating.	12 Ice Training Sessions (50 minutes each) 6 Off-Ice Training Sessions 350 CHF/week
LG 7	July 6-7, 2024	Ice Dance Weekend Compact ice dance weekend with Christoph Baumann: Paso Doble/Kilian	4 ½ h Practice on ice 2 ½ h off-ice 200 CHF/ week

Minimum number of participants is required for all courses to take place.