



# LAKE PLACID **SKATING**

## *Adult Skating Week*

— AUGUST 18-23, 2025 —



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for more information



**OLYMPIC CENTER**

LakePlacidOlympicCenter.com

# CONTENTS

GENERAL INFO | 3

WELCOME | 3

MASTER CLASS SCHEDULE | 4

SCHEDULES BY DAY

MONDAY & TUESDAY | 5

WEDNESDAY & THURSDAY | 6

FRIDAY & SATURDAY | 7

PROFESSIONAL STAFF & CLASS  
DESCRIPTIONS | 8

ARENA MAPS | 12

REVISED 07.11.2025



*The Olympic Center is operated by:*

The NYS Olympic Regional Development Authority

State of New York

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# GENERAL INFO

## SESSION ENTRANCE

Please do not forget to bring your confirmation with bar code to the ice sessions as they will be scanned.

## LESSON & CLASSES

There are NO TICKETS this year. Skaters will be required to PAY the coaches DIRECTLY for CLASSES and PRIVATE lessons. Please refer to the "Meet the Coaches" page for information from each coach.

## BOX OFFICE INFORMATION & HOURS

The Box Office is located at the Main entrance in Miracle Plaza by the 1980 Herb Brooks Arena. They are open from 10:00 AM – 5:00 PM daily.

## GROUP CLASSES

Group classes are \$15 per 25-minute class. Classes longer than 25 minutes may cost more. Please check the class descriptions from each coach. Group classes do not fill up!

## LOCKER ROOMS

Locker rooms 3 & 4 in the 1980 Rink hallway will be available for you to use during the week.

## OLYMPIC CENTER ADDRESS

2634 Main Street  
Lake Placid, NY 12946

# WELCOME

## SUNDAY, AUGUST 17TH

Welcome to Lake Placid Adult Skating Week!!

## PARKING

Limited on street parking is available on Main Street. Parking is also available in the Municipal Lot on Main Street next to the arena. Free parking may be available in the USA Rink Lot or School Lot on Cummings Road.

## CHECK-IN

We will have check-in at the Adult Skating Week table, located in Roamers' Café on the second floor of Miracle Plaza from 5:30pm to 7:00pm. If you can't make it, that's ok! You can pick up your packet at the Adult Skating Week table when you arrive.

## EXHIBITION SIGN-UP

This year's Adult Group number is a medley of "Mama Mia"! Please keep this in mind for any special attire you may have for the performance.

If you would like to skate in the exhibition on Saturday, please turn your form in at the Adult Skating Week table before 3:00 PM on Thursday.

## WELCOME RECEPTION | MEET & GREET

5:30 PM – 7:00 PM in Roamers' Cafe and Bar.  
Refreshments will be served.

## WARM-UP SESSION

This session is to give you a chance to warm up and get your blades under you before the week's activities really begin!

7:00 PM – 7:50 PM – 1980 Rink



ON ICE CLASS	OFF ICE CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>THEME</b>	<b>GREAT GATSBY - "FLAPPERS"</b>	<b>80'S DAY</b>	<b>SUPER HEROES &amp; VILLAINS</b>	<b>DISCO FEVER</b>
	7:30am - 8:00am	Mezzanine	Dynamic Stretch	Dynamic Stretch	Dynamic Stretch	Dynamic Stretch
7:10AM - 8:00AM		USA RINK	Patch Session	Patch Session	Patch Session	Patch Session
8:00AM - 8:30AM		USA RINK	School Figures / Patch	School Figures / Patch	School Figures / Patch	School Figures / Patch
8:30AM - 9:00AM		USA RINK	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement	Edge Class / Stroking / Movement
9:00AM - 9:30AM		USA RINK	Skating Skills: Pre - Adult Pre - Bronze	Skating Skills: Pre - Adult Pre - Bronze	Skating Skills: Adult Bronze	Skating Skills: Adult Silver
	11:15AM - 11:45AM	Mezzanine	Ballet / Dance	Thera-Band Strength Class	Ballet / Dance	Thera-Band Strength Class
11:15AM - 12:05PM		1980 RINK	Skating Skills Session	Skating Skills Session	Skating Skills Session	Skating Skills Session
12:00PM - 12:30PM		USA RINK	Preparing for the Axel: Step 1	Preparing for the Axel: Step 2	Interpretation & Presentation	Preparing for the Axel: Step 3
12:30PM - 1:00PM		USA RINK	TIPS for Great Edges	TIPS for Great 3 - Turns	Camels and Sit Spins	TIPS for Great Mohawks
1:00PM - 1:30PM		Mezzanine	Slide & Glide	Mastering Toe Jumps	Dead Dances	Footwork and Showstoppers!
1:45PM - 2:15PM		USA RINK	SOS - Foundations of Alignment	Brackets	Counters vs Rockers	SOS - Applying the Principles to Spins
2:15PM - 2:45PM		USA RINK	All things SPIRALS!	Spin Entries & Exits	Spin Variations	Adult Group # Rehearsal
2:45PM - 3:15PM		USA RINK	Adult Group # Rehearsal	Adult Group # Rehearsal	Adult Group # Rehearsal	Adult Group # Rehearsal
3:05PM - 3:15PM		1980 RINK		<b>GROUP PHOTO WEAR SHIRT</b>		
	3:20PM - 4:05PM	Mezzanine	Off - Ice Jumps	Jump and Spin Tech Talk	Theater / Dance Interpretation	Pre-Competition Chalk Talk
3:15PM - 4:05PM		1980 RINK	Ice Dance Session	Ice Dance Session	Ice Dance Session	Ice Dance Session
5:40PM - 6:30PM		USA RINK	Patch Session	Patch Session	Patch Session	Patch Session
8:00PM - 9:50PM		1932 RINK		<b>CURLING SOCIAL</b>		

# SCHEDULES

## MONDAY, AUG 18TH | USA DAY

USA RINK			1980 RINK	
7:10AM - 8:00AM	Patch Session		7:00AM - 7:50AM	Open Freestyle
ON ICE CLASSES		INSTRUCTOR	8:00AM - 8:50AM	Open Freestyle
8:00AM - 8:30AM	School Figures / Patch	Kami Netri	9:00AM - 9:50AM	Open Freestyle
8:30AM - 9:00AM	Edge Class / Stroking / Movement	Paul Wylie	10:00AM - 10:50AM	Open Session
9:00AM - 9:30AM	The Key to Edge Jumps	Paul Wylie	<b>11:00AM - 11:50AM</b>	<b>Skating Skills Session</b>
12:00PM - 12:30PM	Preparing for the Axel: Step 1	Kami Netri	1:00PM - 1:50PM	Open Freestyle
12:30PM - 1:00PM	TIPS for Great Edges	Karen Curtland Kelly	2:00PM - 2:50PM	Open Freestyle
1:00PM - 1:30PM	Slide & Glide	Sebastian Arango	<b>3:00PM - 3:50PM</b>	<b>Ice Dance Session</b>
			4:00PM - 4:50PM	Open Freestyle
1:45PM - 2:15PM	SOS - Foundations of Alignment	Mimi Wacholder	5:00PM - 5:50PM	Open Freestyle
2:15PM - 2:45PM	All things SPIRALS!	Paige Ketsoglou-Bacchi	6:00PM - 6:50PM	Open Freestyle
2:45PM - 3:15PM	Adult Group # Rehearsal	Jeff LaBrake	7:00PM - 7:50PM	Open Freestyle
5:40PM - 6:30PM	Patch Session			

## TUESDAY, AUG 19TH | GREAT GATSBY "FLAPPERS"

USA RINK			1980 RINK	
7:10AM - 8:00AM	Patch Session		7:00AM - 7:50AM	Open Freestyle
ON ICE CLASSES		INSTRUCTOR	8:00AM - 8:50AM	Open Freestyle
8:00AM - 8:30AM	School Figures / Patch	Kami Netri	9:00AM - 9:50AM	Open Freestyle
8:30AM - 9:00AM	Edge Class / Stroking / Movement	Paul Wylie	10:00AM - 10:50AM	Open Session
9:00AM - 9:30AM	Skating Skills: Pre - Adult Pre - Bronze	Jeff LaBrake	<b>11:00AM - 11:50AM</b>	<b>Skating Skills Session</b>
12:00PM - 12:30PM	Choreography Development	Sebastian Arango	1:00PM - 1:50PM	Open Freestyle
12:30PM - 1:00PM	Twizzles, Twizzles, Twizzles	Marc Fenzcak	2:00PM - 2:50PM	Open Freestyle
1:00PM - 1:30PM	Mastering Toe Jumps	Paul Wylie	<b>3:00PM - 3:50PM</b>	<b>Ice Dance Session</b>
			4:00PM - 4:50PM	Open Freestyle
1:45PM - 2:15PM	Brackets	Kami Netri	5:00PM - 5:50PM	Open Freestyle
2:15PM - 2:45PM	Spin Entries & Exits	Jeff LaBrake	6:00PM - 6:50PM	Open Freestyle
2:45PM - 3:15PM	Adult Group # Rehearsal	Jeff LaBrake	7:00PM - 7:50PM	Open Freestyle
5:40PM - 6:30PM	Patch Session			

## WEDNESDAY, AUG 20TH | 80'S DAY

USA RINK		1980 RINK	
7:10AM - 8:00AM	Patch Session	7:15AM - 8:05AM	Open Freestyle
ON ICE CLASSES		INSTRUCTOR	
8:00AM - 8:30AM	School Figures / Patch	8:15AM - 9:05AM	Open Freestyle
8:30AM - 9:00AM	Edge Class / Stroking / Movement	9:15AM - 10:05AM	Open Freestyle
9:00AM - 9:30AM		10:15AM - 11:05AM	Open Session
		<b>11:15AM - 12:05PM</b>	<b>Skating Skills Session</b>
12:00PM - 12:30PM	Preparing for the Axel: Step 2	1:15PM - 2:05PM	Open Freestyle
12:30PM - 1:00PM	TIPS for Great 3 - Turns	2:15PM - 3:05PM	Open Freestyle
1:00PM - 1:30PM	Two-Foot, Scratch & Back Scratch Spins	<b>3:05PM - 3:15PM</b>	<b>GROUP PHOTO</b>
		WEAR YOUR ADULT WEEK T - SHIRT	
		3:15PM - 4:05PM	Ice Dance Session
		4:15PM - 5:05PM	Open Freestyle
1:45PM - 2:15PM	SOS - Principles for Smoother Turns	5:15PM - 6:05PM	Open Freestyle
2:15PM - 2:45PM	Loop, Flip & Lutz Jumps	6:15PM - 7:05PM	Open Freestyle
2:45PM - 3:15PM	Adult Group # Rehearsal	7:15PM - 8:05PM	Open Freestyle
5:40PM - 6:30PM	Patch Session		

## THURSDAY, AUG 21ST | SUPERHEROS & VILLAINS

USA RINK		1980 RINK	
7:10AM - 8:00AM	Patch Session	7:00AM - 7:50AM	Open Freestyle
ON ICE CLASSES		INSTRUCTOR	
8:00AM - 8:30AM	School Figures / Patch	8:00AM - 8:50AM	Open Freestyle
8:30AM - 9:00AM	Edge Class / Stroking / Movement	9:00AM - 9:50AM	Open Freestyle
9:00AM - 9:30AM	Skating Skills: Adult Bronze	10:00AM - 10:50AM	Open Session
		<b>11:00AM - 11:50AM</b>	<b>Skating Skills Session</b>
12:00PM - 12:30PM	Interpretation & Presentation	1:00PM - 1:50PM	Open Freestyle
12:30PM - 1:00PM	Camels and Sit Spins	2:00PM - 2:50PM	Open Freestyle
1:00PM - 1:30PM	Dead Dances	<b>3:00PM - 3:50PM</b>	<b>Ice Dance Session</b>
		4:00PM - 4:50PM	Open Freestyle
1:45PM - 2:15PM	Counters vs Rockers	5:00PM - 5:50PM	Open Freestyle
2:15PM - 2:45PM	Spin Variations	6:00PM - 6:50PM	Open Freestyle
2:45PM - 3:15PM	Adult Group # Rehearsal	7:00PM - 7:50PM	Open Freestyle
5:40PM - 6:30PM	Patch Session		

# SCHEDULES

## FRIDAY, AUG 22ND | DISCO FEVER

USA RINK		1980 RINK	
7:10AM - 8:00AM	Patch Session	7:00AM - 7:50AM	Open Freestyle
ON ICE CLASSES		INSTRUCTOR	
8:00AM - 8:30AM	School Figures / Patch	8:00AM - 8:50AM	Open Freestyle
8:30AM - 9:00AM	Edge Class / Stroking / Movement	9:00AM - 9:50AM	Open Freestyle
9:00AM - 9:30AM	Skating Skills: Adult Silver	10:00AM - 10:50AM	Open Session
		<b>11:00AM - 11:50AM</b>	<b>Skating Skills Session</b>
12:00PM - 12:30PM	Preparing for the Axel: Step 3	1:00PM - 1:50PM	Open Freestyle
12:30PM - 1:00PM	TIPS for Great Mohawks	2:00PM - 2:50PM	Open Freestyle
1:00PM - 1:30PM	Footwork and Showstoppers!	<b>3:00PM - 3:50PM</b>	<b>Ice Dance Session</b>
		4:00PM - 4:50PM	Open Freestyle
1:45PM - 2:15PM	SOS - Applying the Principles to Spins	5:00PM - 5:50PM	Open Freestyle
2:15PM - 2:45PM	Adult Group # Rehearsal	6:00PM - 6:50PM	Open Freestyle
2:45PM - 3:15PM	Adult Group # Rehearsal	7:00PM - 7:50PM	Open Freestyle
5:40PM - 6:30PM	Patch Session		

## SATURDAY, AUG 23RD

### EXHIBITION

**11:30 AM - 1980 Rink**

Show off your skills and cheer on your friends!

### 1980 RINK

7:00AM - 7:50AM	Open Freestyle
8:00AM - 8:50AM	Open Freestyle
9:00AM - 9:50AM	Open Freestyle
10:00AM - 10:50AM	Open Session
<b>11:00AM - 11:30AM</b>	<b>Exhibition Rehearsal</b>
<b>11:45AM - 1:00PM</b>	<b>EXHIBITION</b>
1:00PM - 1:50PM	Open Freestyle
2:00PM - 2:50PM	Open Freestyle



# PROFESSIONAL STAFF

## SEBASTIAN ARANGO

714-420-1296

sebastianarango.artist@gmail.com

Sebastian Arango has been teaching skating for 25 years, working with skaters on a national & international level. Originally from Los Angeles, he trained with Brian Tuck, John Nicks, and Frank Carrol.

In addition to skating, he was a professional dancer & dance instructor in LA & NYC, performing with Michael Jackson, competing on Star Search and danced with for several contemporary dance companies.

In addition to skating, he was a professional dancer & dance instructor in LA & NYC, performing with Michael Jackson, competing on Star Search and danced with for several contemporary dance companies.

He specializes in choreography, skating skills, off ice dance and is excited on being part of Lake placid adult week!

*Group classes are \$15*

*Rate: \$120 / 50 minutes, \$60 / 25 minutes*

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## PAIGE KETSOGLU-BACCHI

paigevicki@aol.com | Venmo: @paige-ketsoglou  
US Figure Skater, Double Gold Medalist

Paige Ketsoglou-Bacchi is a professional dancer who studied dance at LIU Post University and Broadway Dance Center. She has performed for different dance companies in NYC as well as was a back up dancer for multiple singers. She currently owns a dance studio on Long Island. Paige is a USFSA double gold medalist and has been coaching for 15 years.

*Group classes are \$15*

*All of Paige's classes should be payed for by venmo to @paige-ketsoglou*

# CLASS DESCRIPTIONS

**Slide & Glide: Choreo development with Lunges + Knee Slides** - Get ready to move, slide and slay! In this playful choreography driven class, we'll kick things off with the essentials - weight distribution, balance, and how to flow with control. Then, we will level up with creative twists on lunges and knee slides, exploring both intermediate and advanced variations that'll make your movement feel seamless and bold. Knee pads are a must - your knees will thank you!

**Choreography development: improvisation to expand your movement vocabulary** - Ever feel lost when not given specific choreography? Want to give your program new life? This class is your invitation to break out of the box and discover your OWN creative voice. We'll start with one movement you already know and love and learn how to create an array of variations from that initial movement. Then we will use different techniques to make your movements visually more impactful. No more blank moments - just bold, beautiful movement that feels like you!

Her class **"Stretch and Strengthening"** will include a head to toe stretch as well as a little bit of a work out to get your muscles warm. Her **Ballet class** is geared towards skaters as it focuses on grace and balance for the ice. She will also be teaching a **Thera-Band class** which is a 45 min class of small workouts while using a Thera-Band, which will be provided. Be ready to work in all three classes!

**All Things Spirals** is a class that focuses on every spiral imagined. Regular, edge spirals, "catch" spirals, and more.



# PROFESSIONAL STAFF

## MARC FENCZAK

973-919-6143 | fenczak@gmail.com

3 time US National Competitor, 5 time World Figure Sport Silver Medalist and Hall of Fame Inductee, Specializes in Stroking Technique, Moves in the Field, Ice Dance and Figures

*Group classes are \$15*

*Private Lessons are \$55 a half hour.*

*Cash or Check*

## KAREN COURTLAND KELLY

518-304-3029 | kckelly@worldfiguresport.org

MA, Olympian

Mrs. Kelly is World Figure Sport's Chef de Mission of Education and Sport, and the first woman in US Figure Skating history to achieve 6 gold test medals in every discipline. She is celebrating her 30th Anniversary Year teaching in Lake Placid.

*Group classes are \$15*

*Cash or Venmo: @Karen-Courtland*



# CLASS DESCRIPTIONS

**Stroking Technique** - A class that focuses on knee and ankle action combined with proper check positions to achieve better speed and stability.

**Dead Dances** - A class where we learn a compulsory dance from the history books!

**Basic Partnering** - Bring a skating partner and learn to stroke and track in various Dance positions.

**Understanding Check and Check Transitions** - A continuation of the Stroking Technique class this time focusing on transitions from any edge to any edge.

## ON-ICE

**3's & Mohawks** - This class is perfect for those beginning or mastering their 3-turn and Mohawk skating journey.

## OFF-ICE

You are also invited to:

**World Figure & Fancy Skating's 11th Anniversary Fundraiser** August 21st at 6:00pm in the Lake Placid Public Library on Main Street. Featuring World Figure Sports Pop-Up skating museum collection. Fun times will be had! Lite buffet and refreshments! Text any communications to :518-304-3029. Donations accepted.

**World Sk8ting & Arts School's On-site Class for Adult Skaters** is offering cool Lake Placid souvenirs! Our customizable Lake Placid souvenir experience is perfect for individuals, groups, and teams. The souvenir keychain is 3D printed using corn-based bioplastic and is ready to color, bedazzle, and decorate! All ages are welcome! Make a memory you can take home with you! Reserve your tickets today.

Please contact medals@worldfiguresport.org or call 518-304-3029 to arrange.

This event is offered Saturdays from 4:00pm – 4:45pm in Roamers' Café. Tickets may be bought online or at the Olympic Center Box Office.

# PROFESSIONAL STAFF

## JEFF LABRAKE

786-417-6155 | Sk8adagio@aol.com

Jeff is a former competitive skater who racked up numerous medals in Pair Skating with his sister in the Novice, Junior & Senior levels in Regionals, Sectionals & Nationals and is also a Regional Junior Men's Champion. He went on to turn professional and toured throughout the World performing in every possible ice show that was created during his 30 year career as a Principle, performing in singles & pairs/adagio. His passion has always been teaching and loves teaching skaters of all ages. His focus has always been on good technique & good control will make the best skater.

## KAMI NETRI

(914) 417-7964

US Figure Skater, Double Gold Medalist (Free Skating, Figures)

Lake placid native. Have been coaching for 43 years. Beginners to national competitors. My main passion is passing on the love for the sport to the next generation.

*Patch/Figure Class are \$20*

*Axel Class are \$15*

*Cash at time of class. No Venmo*

## MIMI WACHOLDER

Systemofskating.com | 518.637.1482

As a US Team Member and International Competitive Ice Dancer, she was known for her authenticity as a performer. After retiring from competition, she was a principal performer in the Ice Capades and performed and choreographed with the Ice Theatre of NY. She has a BFA in Creative Communications from Emerson College and is a RYT/Structural Yoga Therapist (mimyoga.com)

Mimi is able to guide her students to better understand the structure and functional capacity of their own bodies.

*Group classes are \$15*

*Cash or Venmo: @mimi-wacholder*

# CLASS DESCRIPTIONS

## Adult Group Number featuring a medley of music from Mama Mia!

Bring your most fun & colorful costumes! Join in and learn a FUN, and inspiring number that will challenge you to become the performer you have always wanted to be! This will be a number that will bring out the best of your skating, whether you are a beginner or the most seasoned of skaters.

**Learn the basic Figures and the basics for ALL of skating.** This skill will improve your overall balance and control for better edge quality and power. This will be a progressive class moving from Basic 8's through the original figure test structure

The morning **Patch Session** will be taught daily at 8:00am by Kami Netri  
Please join me. All levels welcome.

**Preparing for the Axel** - A series of preparatory exercises & drills to help you feel confident to gear up for the axel jump.

**SOS™** is a comprehensive, structured approach to understanding the fundamentals of figure skating. The SOS™ principles include alignment, counter-balance and core rotation. These principles facilitate the incremental development of skating skills from basic to advanced.

SOS™ was designed specifically for adult skaters, and unlike other corrective coaching feedback, it is not based on what the skater is doing "wrong", but instead reinforces an understanding of what is "right."

Mimi Wacholder created SOS™ as a way to give more skaters and coaches access to the tools and techniques she has gathered throughout her 30 year coaching career.

Monday **SOS 1. Foundations of alignment and stroking**

Wednesday **SOS 2. Applying the SOS principles for smoother turns**

Friday **SOS 3 Applying the principles to spins**

# PROFESSIONAL STAFF

## PAUL WYLIE

gowylie@icloud.com

Venmo: @paul-wylie

Olympic Silver Medalist, World Professional Champion, PSA Master Rated Coach

Paul Wylie loves teaching adults! Olympic Silver Medalist, World Professional Champion, PSA Master Rated Coach, Paul has also taught seminars to skaters of all ages for over thirty years, where he has crafted his own edge, jump and on- and off-ice classes designed to bring the best out of you. He has a BA in Government and an MBA in General Management from Harvard University and is married with three teenagers. Paul's passion is to help skaters gain confidence on the ice, learning to love the movement and performance which makes our sport unique.

*Group classes are \$15*



# CLASS DESCRIPTIONS

**Edge Class / Stroking / Fluid Movement (Daily)** - In this class Paul will lead you through movements that cover the ice with flow, building control and security. Paul meets skaters where they are, working down the ice on everything from Swizzles, Swing Rolls, Cross Rolls and Chasses. Set to music, this is a fun approach to building skating skills.

## JUMPS

**Edge Jumps** - Paul will work on the basics of using your edge to pull on the ice and rock into the air on Waltz/Axel, Loop. Emphasis on quality take-offs, air position, and landing positions.

**Toe Jumps** - Paul will work on the basics of toe-loop, flip and lutz, encouraging technique that enables consistency and correct form and edges on take-offs.

## SPINS

### **Two-Foot, Scratch and Back Scratch Spins** -

Upright Spins are critical to confident performance, often earning the biggest hand from the audience and pluses from the judging panel. Paul will work on entrances, centering, leg and arm positions, timing, as well as exits for the best effect. Back Scratch Spins are an essential component to jumping technique, helping the skater learn the air position that gives consistently fast RPMs for jumps.

**Camels and Sit Spins** - Paul will work to help you obtain positions that will generate solid rotations, earning GOEs and eventually, features that will count for higher points.

**Variations** - Paul will help you earn more points with your spins by creating solid variations, entrances and exits.

### **Footwork, Spirals, Spread Eagles and other**

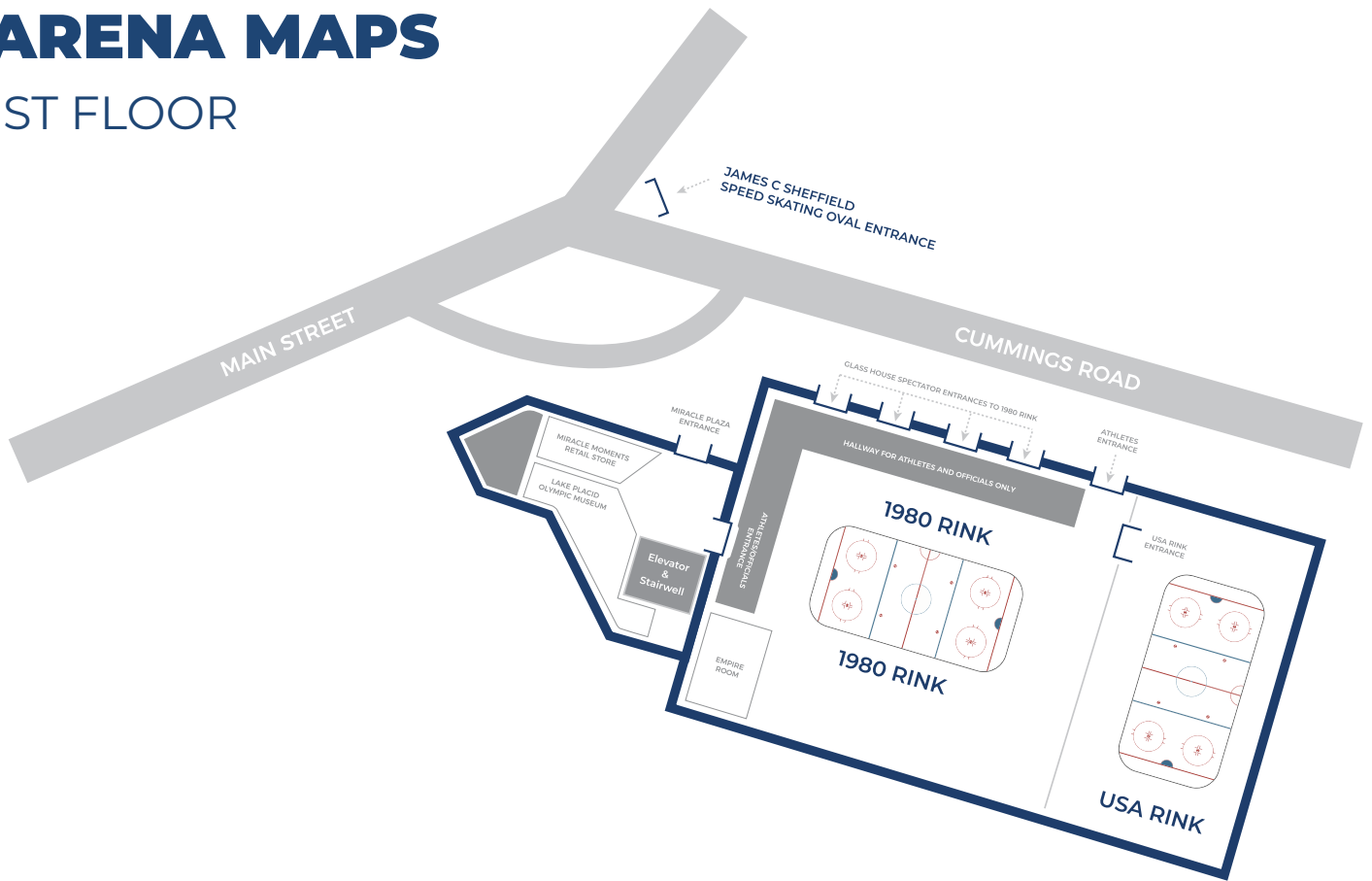
**showstoppers** - Since 50% of the score for skating programs is artistic, Paul will work with you on the movements that will work with various pieces of music to create memorable moments in your program.

## OFF-ICE

**Jumps and Spins** - In this off-ice class, Paul will help you prepare for successful jumps and spins through timing and sequential positions, designed to get you efficiently from preparation to performance.

# ARENA MAPS

## 1ST FLOOR



## 2ND FLOOR

