

	Monday		Tuesday		Wednesday		Thursday				
	On-ice	Off-ice	On-ice	Off-ice	On-ice	Off-ice	On-ice	Off-ice			
7:50											
8:20	Freestyles 7:50-9:20				Freestyles 7:50-9:20						
8:50											
9:20		CUT		CUT			CUT				
9:30	LOW Power 9:30-10:00	HIGH Ballet 9:30-10:15	LOW Jumps 9:30-10:00	HIGH Off-ice Jumps 9:30-10:15	LOW edge 9:30-10:00	HIGH Strength and Condition 9:30-10:15	LOW Spins 9:30-10:00	HIGH Jumps and Strings 9:30-10:15			
10:00	Freestyles 10:00-12:00		Freestyles 10:00-12:00		Freestyles 10:00-12:00		Freestyles 10:00-12:00				
10:30											
11:00											
11:30											
12:00	CUT		CUT		CUT						
12:10	Freestyles 12:10-1:10		Freestyles 12:10-1:10		Freestyles 12:10-1:10		Freestyles 12:10-1:10				
12:40											
1:10		HIGH Power 1:10-1:40		LOW Ballet 1:10-1:55		HIGH Jumps 1:10-1:40		LOW Off-ice Jumps 1:10-1:55	HIGH edge 1:10-1:40	LOW Strength and Condition 1:10-1:55	HIGH Spins 1:10-1:40
1:40	Freestyle		Freestyle		Freestyle		Freestyle				
2:10	CUT		CUT		CUT		CUT				
2:20	Freestyles 2:20-3:50		Freestyles 2:20-3:50		Freestyles 2:20-3:50		Freestyles 2:20-3:50				
2:50											
3:20						Stretch 3:20-4:20					
3:50		CUT				CUT			CUT		CUT
4:00	Freestyles 4:00-6:00		Freestyles 4:00-6:00		Freestyles 4:00-5:00		Freestyles 4:00-6:00				
4:30											
5:00											
5:30											

	Friday	
	On-ice	Off-ice
7:40	Freestyles 7:40-9:40	
8:10		
8:40		
9:10		
9:40	CUT	
9:50	Freestyles 10:00-12:00	
10:20		
10:50		
11:20		
11:30	CUT	
		Stretch 12:00-1:00
	CUT	
1:25	Freestyles 1:25-6:00	
5:30		

weekly package
5-6 off ice classes
4-5 on ice classes

\$190 per week
for all classes

\$50 discount
for Prudsky's
team skaters

one on ice \$10
one off ice \$25

unlimited freestyle
package
including passes for on
ice classes , if you don't
have unlimited , need to
purchase on ice class
passes through Bellerive
Ice web site separately

**New Summer Pass
options (to replace
'unlimited')**
**7 DAY 20 SUMMER
PASS**
(Max 20 hrs)
\$240

**7 DAY 5 SUMMER
PASS**
(Max 5 hours)
\$80

**30 DAY 100 SUMMER
PASS (Max 100 hrs)**
\$600

***All include on ice
group class ice fee
(not coach fee)**



Mike Weng
2026 Sectional Champion
2026 National Competitor

2026 Summer skating - purposeful training, confident progress. Bellerive Ice provide a structured summer training environment focused on technique, strength, flexibility, consistency and confidence. Skaters will training with clear goals and level - appropriate institutions that support meaningful progress on and off the ice

Brody Weck

2026 Exel
National
Festival
qualifier



Amy Kim

2026 Exel
National
Festival
qualifier

Coaching Staff

Val and Elena Prudsky
USSR National and International competitors
National and International Coaches

Zoey Ding

Sectional
Competitor



Nicky Pham

Sectional
Competitor

Roman Zaretsky
Olympic Competitor , National and International Coach

Evgeni Nemirovskiy
Choreographer of National , International and Olympic
Champions

**Polly
Chandakaew**

Thailand
National
Team
Member



**Isabella
Mondragon**

Mexican
National
qualifier

Daniel Argueta
National and International Competitor

Aleksandra(Sasha) Prudsky
National and International Competitor

Nikita Prudsky
National Competitor

Kriszty Mills
Stretching

**If you have any question Please Text Elena Prudsky
832-656-5013**