

# Jump Harness



The Jump Harness is an invaluable aid in introducing Axels and multi-revolution jumps. It helps skaters—

- ◆ Develop timing, muscle memory in performing and landing a jump
- ◆ Build confidence as they start to learn new jumps
- ◆ Land advanced jumps more consistently in their programs with less practice time

Jump harness passes can be purchased for \$25 monthly (monthly pass; unlimited user) or \$5 (single use)

Jump harness use is limited to fifteen minutes per student per session when it is needed by more than one coach. Skaters must take extra care to avoid interference with users of the jump harness.

Check with your private lesson coach for more details

## Skatetown Ice Arena

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