



Figure Skating Drop-in Schedule
FEBRUARY 2018

Walk on/call in offered day of only.

\$9 per session or class based on space. \$5 for 15-minute classes.

Call 303-409-2222 for reservations and availability.

MON	TUE	WED	THU	FRI	SAT
<p><u>Schedule Guide</u></p> <p>FS - Freestyle Session PW - Power/Stroking Class STARS - USFS STARS Combine Training YOGA - Skater's Yoga Training (2 session credits)</p> <p>CLASS & SESSION LEVELS:</p> <p>FS/PW/STARS High (H): Completed Pre-Preliminary Free Skate or Preliminary Moves in the Field Test and above FS/PW Low (L): Snowplow Sam 2-Pre-Preliminary Moves in the Field Test AXEL: Completed Free Skate 4 and above All sessions/classes without level designation are open to Basic 4 and above * DENOTES OFF ICE CLASSES</p>					
			<p>1</p> <p>6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS</p> <p>4:15-5:00 pm FS (H) 5:00-5:45 pm FS *5:50-6:20pm ST/CD</p>	<p>2</p> <p>6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 9:00-9:45 am FS</p>	<p>3</p> <p>6:30-7:15 am FS (H) 7:15-8:00 am FS 8:00-8:45 am FS 8:45-9:15 am PW (H) *9:30-10:00 am STARS (H) 9:30-10:15 am FS (L) 10:15-10:30 am PW (L)</p>
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SCHEDULE DESCRIPTIONS

- Freestyle sessions: Figure skating sessions designed for individual practice. Private lessons may be scheduled during this time.
- Jumps & Spins classes: On ice group training classes designed to work on proper jump and spin technique as well as skill development.
- Edges & Turn classes: On ice group training classes that emphasize proper skill technique as well as the introduction of future skills necessary for a skater's development.
- Power/Stroking class: On ice group training classes that emphasize proper skating technique and focus on the development of power, flow, quickness, and stamina.
- AXEL class: On ice group training classes designed to teach the fundamental skills needed for the axel jump, preparation, take off, and landing.
- Off Ice Training: Off ice group training classes designed to meet the sport specific, physical training requirements of the sport. Classes include, but are not limited to, jumps, strength & conditioning, stretch & flexibility, USFS STARS training, core conditioning, skater's yoga, dance/skater's movement.