



Figure Skating Drop-in Schedule
JANUARY 2019

Walk on/call in offered day of only.

\$10 per session or class based on space. \$5.50 for 15-minute classes.
Call 303-409-2222 for reservations and availability.

MON	TUE	WED	THU	FRI	SAT
<u>Schedule Guide</u>					
FS - Freestyle Session		AXEL- Axel Class		* DENOTES OFF ICE CLASSES	
PW - Power/Stroking Class		SP- Spins Class		ET-Edges & Turns Class	
STARS - USFS STARS Combine Training (2 session credits)					
ST/CD- Strength and Conditioning Class		JP- Jumps Class			
CLASS & SESSION LEVELS:					
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.					
	1	2	3	4	5
	NEW YEARS DAY EDGE CLOSED	7:30-8:15 am FS 8:15-9:00 am FS 9:00-9:30 am JP 9:45-10:15 am PW 10:15-11:00 am FS 11:00-11:45 am FS	7:30-8:15 am FS 8:15-9:00 am FS 9:00-9:30 am SP 9:45-10:15 am ET 10:15-11:00 am FS 11:00-11:45 am FS 4:15-5:00 pm FS (H) 5:00-5:45 pm FS	7:30-8:15 am FS 8:15-9:00 am FS 9:00-9:30 am JP 9:45-10:15 am PW 10:15-11:00 am FS 11:00-11:45 am FS *12:00-12:30 am ST/CD	7:15-8:00 am FS (H) 8:00-8:45 am FS 8:45-9:15 am PW 9:30-10:15 am FS (L)
7	8	9	10	11	12
6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 4:15-5:00 pm FS 5:00-5:45 pm FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 4:15-5:00 pm FS (H) 5:00-5:45 pm FS 6:00-6:30 pm AXEL	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 4:15-5:00 pm FS (H) 5:00-5:45 pm FS *5:50-6:20pm ST/CD	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS	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) *9:20-10:20 am STARS (H) 9:30-10:15 am FS (L) 10:15-10:30 am PW (L)
14	15	16	17	18	19
6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 4:15-5:00 pm FS 5:00-5:45 pm FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 4:15-5:00 pm FS (H) 5:00-5:45 pm FS 6:00-6:30 pm AXEL	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 4:15-5:00 pm FS (H) 5:00-5:45 pm FS *5:50-6:20pm ST/CD	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS	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) *9:20-10:20 am STARS (H) 9:30-10:15 am FS (L) 10:15-10:30 am PW (L)
21	22	23	24	25	26
6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 4:15-5:00 pm FS 5:00-5:45 pm FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 4:15-5:00 pm FS (H) 5:00-5:45 pm FS 6:00-6:30 pm AXEL	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 4:15-5:00 pm FS (H) 5:00-5:45 pm FS *5:50-6:20pm ST/CD	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS	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) *9:20-10:20 am STARS (H) 9:30-10:15 am FS (L) 10:15-10:30 am PW (L)
28	29	30	31		
6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 4:15-5:00 pm FS 5:00-5:45 pm FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 4:15-5:00 pm FS (H) 5:00-5:45 pm FS 6:00-6:30 pm AXEL	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 4:15-5:00 pm FS (H) 5:00-5:45 pm FS *5:50-6:20pm ST/CD		

SCHEDULE DESCRIPTIONS

- Freestyle sessions: Figure skating sessions designed for individual practice. Private lessons may be scheduled during this time.
- Power/Stroking class: On ice group training classes that emphasize proper skating technique and focus on the development of power, flow, quickness, and stamina.
- Jumps & Spins classes: On ice group training classes designed to work on proper jump and spin technique as well as skill development.
- 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.