



## Figure Skating Drop-in Schedule MARCH 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>					
CC - Core Conditioning Class		FS - Freestyle Session		AXEL- Axel Class	
ST/CD - Strength and Conditioning		PW - Power/Stroking Class		ET- Edges and Turns Class	
YOGA - Skater's Yoga Training (2 session credits)		JP-Jumps Class		SS - Skating Skills Class	
STARS - USFS STARS Combine Training		SP-Spins Class			
<b>CLASS &amp; SESSION LEVELS:</b>					
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					
				<b>1</b>	<b>2</b>
				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)
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
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7:30-8:15 am FS 8:15-9:00 am FS 9:00-9:30 am PW 9:45-10:15 am JP 10:15-11:00 am FS 11:00-11:45 am FS  4:15-5:00 pm FS 5:00-5:45 pm 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 *12:00-12:30 pm ST/CD 4:15-5:00 pm FS (H) 5:00-5:45 pm FS 6:00-6:30 pm AXEL	7:30-8:15 am FS 8:15-9:00 am FS 9:00-9:30 am PW 9:45-10:15 am JP 10:15-11:00 am FS 11:00-11:45 am FS *12:00-12:30 pm CC	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 *12:00-12:30 pm ST/CD 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 PW 9:45-10:15 am SS 10:15-11:00 am FS 11:00-11:45 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) 10:15-11:00am FS

## 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.