



Figure Skating Drop-in Schedule
SEPTEMBER 2019

Walk on/call in offered day of only.
\$10 per session or class based on space.
Call 303-409-2222 for reservations and availability.

MON	TUE	WED	THU	FRI	SAT	
SCHEDULE GUIDE		SESSION, CLASS & PACKAGE LEVELS:				
FS - Freestyle Session PW - Power/Stroking Class SS/ET - Skating Skills/Edge/Turns AXEL- Axel Class SPC- Specialty Class *ST/CD- Off Ice Strength and Conditioning Class *HPT (H) - High Performance Training Class- New!		All sessions/classes without below level designation are open to Basic 4 and above FS(L): Snowplow Sam 2-Pre-Preliminary Moves in the Field Test FS(H): Completed Pre-Preliminary Free Skate or Preliminary Moves in the Field Test and above AXEL: Completed Free Skate 4 and above ST/CD/SPC Low (L) & Enrichment Package: Basic 4- Completed Preliminary FS or Pre Juvenile MIF HPT(H) & High Performance Package: Completed Pre Juvenile FS or Juvenile MIF				
NEW! WED & SAT CONTRACT PACKAGES (Wed and or Sat only):						
Enrichment Package: Contract for at least 1 FS session, AND 1 On Ice Class (SPC (L)/PW/SS/ET), AND 1 ST/CD (L) class and receive a package discount. High Performance Package: Contract for at least 1 FS session, AND 1 PW/SS/ET class, AND the High Performance Off Ice Training class and receive a package discount.						
NO ACADEMY SESSIONS	2	3	4	5	6	7
	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS (L)	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:30 pm PW/SS/ET *5:40-6:10 pm HPT (H) *5:40-6:10 pm ST/CD (L)	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15 pm 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 3:30-4:15 pm 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 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:45 pm 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 *9:20-9:50am HPT (H) 9:30-10:15 am FS (L) *10:30-11:00am- ST/CD (L)
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SCHEDULE DESCRIPTIONS

- Freestyle sessions: Figure skating sessions designed for individual practice. Private lessons may be scheduled during this time.
- Skating Skills/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.
- Specialty class: On ice group training classes that focus on different specialties of skating. Classes include, but are not limited to, skating skills, edge moves (spirals, in a bauer's, fun tricks, etc.), the different disciplines of skating (Freestyle, Moves in the Field, Theatre on ice, Synchronized skating, Ice dance, Pairs, etc.)
- 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, core conditioning, skater's yoga, dance/artistry for skaters and are taught by our highly qualified staff coaches.
- High Performance Off Ice Training: Off ice group training classes offered in the Edge's NEW High Performance work out room and taught by certified strength & conditioning trainers. Each skater's first High Performance class session will be an evaluation session to determine base line training, goals, and preexisting injuries to help trainers create an individualized training plan to fit the skater's needs. These classes are offered to skaters that have completed Pre Juvenile FS test or Juvenile MIF tests only at this time.