



Figure Skating Academy Instructional Classes

2011-12 Season



Figure Skating Development, Junior Competitive, Competitive (With Stroking Workshop)

■ Class Times

Wednesdays

Freestyle Practice Session	4:40–5:40 p.m.
Stroking Workshop.....	5:50–6 p.m.
Instructional Class.....	6–6:30 p.m.

Saturdays

Freestyle Practice Session	11–11:50 a.m.
Stroking Workshop.....	11:50 a.m.–Noon
Instructional Class.....	Noon–12:30 p.m.

■ Schedule and Fees*

Back-to-School Session

Wednesdays Sept. 7–Oct. 19 •	\$131/7 weeks
Saturdays Sept. 10–Oct. 15 •	\$114/6 weeks

Fall Session (*No class Sat., Nov. 26)

Wednesdays Oct. 26–Dec. 14 •	\$148/8 weeks
Saturdays Oct. 22–Dec. 17 •	\$148/8 weeks*

**Dec. 21: Holiday Open Skate for all
Fall Session Students**

5:50–6:30 p.m. – Fun Instructional Time

Winter Session (*No class Sat., Jan 14.)

Wednesdays Jan. 4–Feb. 22 •	\$148/8 weeks
Saturdays Jan. 7–March 3 •	\$148/8 weeks*

Early Spring Session

Wednesdays Feb. 29–April 25 •	\$148/8 weeks*
Saturdays March 10–May 19 •	\$148/8 weeks*
*No class Wed., April 11 • Sat., March 17, April 7 & 14	

Spring Session

Wednesdays May 2–June 20 •	\$148/8 weeks
Saturdays June 2–June 23 •	\$79/4 weeks

Summer Session

Wednesdays June 27–July 25 •	\$96/5 weeks
* Fees include freestyle practice session, stroking workshop and instructional class. No discount for not using freestyle practice session. Walk-on fee \$20 per class.	

Off-Ice Conditioning With Elena Valova

■ Class Times

Thursdays	5:30–6:15 p.m.
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■ Schedule and Fees*

Back-to-School Session

Sept. 8–Oct. 20 •	\$84/7 weeks
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Fall Session (*No class Nov. 24)

Oct. 27–Dec. 22 •	\$96/8 weeks
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Winter Session

Jan. 5–Feb. 23 •	\$96/8 weeks
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Early Spring Session (*No class April 12)

March 1–April 19* •	\$84/7 weeks
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Spring Session

April 26–May 24 •	\$60/5 weeks
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Ballet with Lana Novodran

■ Class Times

Mondays.....	5:30–6:15 p.m.
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■ Schedule and Fees*

Back-to-School Session

Sept. 12–Oct. 24 •	\$84/7 weeks
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Fall Session (*No class Oct. 31)

Nov. 7–Dec. 19 •	\$84/7 weeks
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Winter Session

Jan. 9–Feb. 27 •	\$96/8 weeks
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Early Spring Session

March 5–Apr. 23 •	\$98/8 weeks
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Spring Session

Apr. 30–May 28 •	\$60/5 weeks
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Figure Skating Instructional Classes

FSA instructional classes provide a fun and safe skating experience and promote physical fitness in a group atmosphere.

Classes are offered to ISI or U.S. Figure Skating skaters from beginner through advanced levels. Students are divided into three groups based on figure skating level and experience. Skaters do not have to be FSA members to participate in instructional classes. The skating director reserves the right to adjust a skater's class placement. Supplemental private skating instruction is necessary to accelerate progress and focus on individual skating needs.

On-Ice Class Features

- Figure Skating Skill Development curriculum appropriate for beginning through advanced figure skaters
- 30-minute instructional class and a freestyle practice session each week
- Complimentary 10-minute stroking workshop
- Skill focus: freestyle, ice dancing, moves in the field
- Discount available for multiple class registrations within the same series for the same skater

Off-Ice Conditioning

World and Olympic Champion, Elena Valova, and RMU Island Sports Center staff instruct skaters in off-ice training techniques to improve their on-ice performance by increasing strength, flexibility and endurance. Off-ice conditioning is essential for developing single, double and triple jump techniques and can enhance skaters' potential through proper training and nutrition. World and Olympic champion Elena Valova's training techniques can enhance skaters' on-ice training and develop skating skills.

Appropriate for skaters enrolled in Figure Skating Development, Junior Competitive and Competitive.

Ballet for Figure Skaters

In this class, skaters learn to enhance artistic impression and increase overall flexibility through proper body alignment,

stretching and presentation. Skaters learn how these techniques relate to individual style development and overall presentation on the ice. Ballet focus will be placed on proper body positions and stretching for skaters.

\$10 discount on total on-ice class fee when signing up for Wednesday & Saturday on-ice instructional classes, within the same series. Discount does not apply to siblings or off-ice classes.

Multiple Class discount when signing up for both Ballet with Lana and Conditioning with Elena within the same session. \$10 off the total of both classes.

Figure Skating Development

U.S. Figure Skating Freestyle 1-2-3

This class includes a comprehensive lesson and testing structure designed to develop fundamental ice skating skills while introducing the basic elements of figure skating. Emphasis is on mastery of forward stroking, forward and backward crossovers, edges and turns.

More advanced skills and figure skating elements necessary for freestyle, ice dancing, field moves, pairs skating and synchronized skating are introduced. The class follows the U.S. Figure Skating Basic Skills and ISI Freestyle testing structure.

Prerequisites

- Successful completion of ISI Delta Skill Test or US Basic Skills 1-8
- Weekly private instruction from an RMU ISC figure skating staff coach

Junior Competitive

US Figure Skating Freestyle 4-5-6

This class builds the foundation of more advanced figure skating skills. Skaters continue to learn skills in the U.S. Figure Skating (FS 4-6) and ISI (FS 4-5) freestyle test structure in addition to focusing on moves in the field and dance/footwork sequences. Emphasis is on showing good use of edges and a mastery of basic skills, single jumps and basic spin positions. Skaters are divided into groups based on enrollment and FS test level.

Prerequisites

- Successful completion of the ISI Freestyle 3 Test or U.S. Figure Skating Freestyle 3 Test
- Weekly private instruction from an RMU ISC figure skating staff coach

Competitive

This class introduces skaters with a strong foundation of field move skills, jumps and spins to a variety of skating disciplines. Emphasis is on improving speed and control to enhance flow, carriage and body movement on the ice; techniques for more advanced field moves, freestyle, ice dancing; program development focusing on what judges look for in a competition or test routine; and competition preparation from practice to performance.

Prerequisites

- Successful completion of U.S. Figure Basic Freestyle Tests 1-6 or their equivalent. Skaters must be working on axels and/or double jumps, or have approval from the skating director
- Weekly private instruction from an RMU ISC figure skating staff coach

Stroking Workshop

This workshop teaches correct stroking techniques to help skaters develop a sense of style with more power, speed and control. Emphasis is on enhancing flow, carriage and body movement on the ice, enhancing skating style, and building endurance. Consists of a 10-minute instructional class each week. Complimentary with any FSA Instructional Class registration fee or walk-on fee.

For More Information

Contact Skating Director Beth Sutton at
412-397-4469 or sutton@rmuislandports.org

To Register

Call **412-397-3335** or visit rmuislandports.org