

2019/2020 Intro to Figure Skating and Jr. Academy
FALL/WINTER SCHEDULE

***See below for class descriptions.**

MONDAY	TUESDAY	WEDNESDAY	SATURDAY
4:15-4:45PM: IFS OFF ICE	4:30-5:00PM: JR. ACADEMY GROUP	4:15-4:45PM: IFS OFF ICE	1:00-1:30PM: IFS OFF ICE
5:00-5:15PM: IFS STROKING	5:15-5:45PM: JR. ACADEMY OFF ICE	5:00-5:15PM: IFS STROKING	1:45-2:00PM: IFS STROKING
5:15-5:45PM: IFS GROUP		5:15-5:45PM: IFS GROUP	2:00-2:30PM: IFS GROUP
5:45-6:00PM: IFS Engaged Supervised Practice*		5:45-6:00PM: IFS Engaged Supervised Practice*	2:30-2:45PM: IFS Engaged Supervised Practice*

***IFS Skaters are encouraged to skate min. 2 sessions per week and attend all off ice classes. Jr. Academy skaters must have an invitation from the Skating Director and meet the criteria prior to registering. J.A skaters must be registered for two days a week in either IFS or STARskate.**

ESP (Engaged Supervised Practice): Session time that is being actively supervised, monitored and motivated by a coach. During engaged supervised practice, the coach will give feedback, corrections, ideas and motivation to the group of skaters on the ice. This strategy will develop strong individual practice habits in the club. Skaters are encouraged to use the full ice when practicing and use the skill posters for guidance and skill identification.

Stroking: During stroking classes, skaters work on blade pushes, posture, speed, technique, and knee bend. Each class will have a focus of either Power, Cardio, Strength, Performance, or Edges.

Off Ice: Included in registration fees, off ice classes will focus on jump technique, fitness, dance, goal-setting, and mindfulness. Off ice training is an integral part of a skater's development and is considered just as valuable as an on ice session. Skaters are strongly encouraged to attend all off ice practices.