



2022/2023 FALL/WINTER: Adult Learn to Figure Skate Schedule

ALTFS: Adult Learn to Figure Skate Group Program, Adult STAR*: Add on to ALTFS Program

MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-5:15 PM ALTFS Group Development	5:00-5:15 PM ALTFS Group Development	4:30-5:00 PM Adult STAR* Skills/Dance	6:45 AM-7:45 AM Adult STAR* Lesson, Practice	12:15-12:30 PM ALTFS Group Development
5:15-6:00 PM ALTFS Group Lesson	5:15-6:00 PM ALTFS Group Lesson	5:00-6:00 PM Adult STAR* Lesson, Practice		12:30-1:15 PM ALTFS Group Lesson
6:10-6:40 PM ALTFS Off Ice	6:10-6:40 PM ALTFS Off Ice	6:00-6:15 PM Adult STAR* Group Development		1:30-2:15 PM ALTFS Off Ice
		6:30-7:15 PM AdultSTAR* Off Ice		

subject to change

*Adult STAR is for those in ALTFS looking to have additional practice time and to also receive semi-private/private lessons from a coach.

ALTFS group classes will consist of the following components in a group setting. Small groups will rotate through coaches that will be teaching the following disciplines in stations. ALTFS skaters are encouraged to attend off ice classes.

Skating Skills: The movements are derived from former compulsory figures, free skating and ice dancing. The objective of the Skating Skills program is mastery of the basic fundamentals of skating – edge quality, control, power and speed.

Ice Dance: Teaches timing, musicality, rhythm interpretation, structure as well as basic skating skills such as edges, flow, control and unison.

Free Skate: Free skating consists of the execution of jumps, spins, footwork, field movements and stroking, either in isolation or performed in sequence to music.

Group Development: During these 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 and goal-setting. Off ice training is an integral part of a skater's development and is considered just as valuable as on ice sessions. Skaters are strongly encouraged to attend all off ice practices.