



2016 – 2017 GROUP LESSONS

SATURDAY CLASSES

8:15-8:45 am - MOVES IN THE FIELD (children and adults) The focus will be the moves in both the pre-preliminary moves, adult pre-bronze and bronze moves test. Higher level moves may also be worked on – speak with Michele prior to sign up. Adult Pre-Bronze Moves - Perimeter stroking in both directions, Forward Outside and Inside Edges, Backward Outside and Inside Edges, Waltz Eight Pattern, Forward and Backward Crossovers in figure eight pattern, and Forward Outside and Inside Spirals on a straight line. Bronze Moves – Forward and Backward Perimeter Power Stroking, Forward Power Three-Turns, Alternating Backward Crossovers to Backward Outside Edges, Forward Circle Eight and Five-Step Mohawk Sequence. Prior to the end of the season a critique (for all levels) is proposed.

8:45-9:15 am – INTERMEDIATE/ADVANCED GROUP CLASS Advanced Stroking, Advanced forward and backward crossovers, Three-Turns (forward outside and inside and backward outside and inside) and Mohawks (inside and outside).

9:15-9:45 am – BEGINNER GROUP CLASS Marching, Snow Plow Stop, Forward and Backward Swizzles, Forward One Foot Glides, Two Foot Turns, Beginning one foot turns, Beginner forward and backward crossovers and Stroking.

9:15-9:45 am – SATURDAY – SYNC TEAM WITH LINDA

SUNDAY CLASSES

8:15-8:45 am – STROKING CLASS AND EDGE CLASS Focus of this class is to work on overall skating conditioning and developing the skater's speed using stroking and edge exercises. All levels are welcome and all exercises will be appropriate for the skate's level.

8:45-9:15 am – BEGINNING SPINS & JUMPS (children and adults) Focus will be on the entrance to jumps and spins, correct body position in the air (jumps) and on the ice (spins) and correct exit positions.

9:15 9:45 am – CHILDREN'S GROUP CLASS Elements to be determined based on level of members who sign up.

Note: All Group Classes (with the exception of the moves in the field and the intro to jumps and spins class) are subject to change depending on who signs up and for what days.

YOUR NAME: _____

PHONE: _____

EMAIL: _____

PLEASE INDICATE YOUR CHOICE(S) BELOW

SATURDAY

8:15-8:45 am - MOVES IN THE FIELD CLASS _____

8:45-9:15 am - INTERMEDIATE/ADVANCED GROUP CLASS _____

9:15-9:45 am - BEGINNER GROUP CLASS _____

9:15-9:45am - SYNC TEAM WITH LINDA _____

SUNDAY

8:15-8:45am - STROKING CLASS & EDGE CLASS _____

8:45-9:15 am - BEGINNING SPINS & JUMPS CLASS _____

9:15-9:45 am - ADDITIONAL CHILDREN/ADULT CLASS _____

SHOW PRACTICE - please complete and return with your membership application, release of liability, and check.

