

Rochester Figure Skating Club

2023-2024 Ice Schedule

Effective Tuesday, September 5, 2023 through Friday, May 24, 2024

Contract Due Sunday, August 13, 2023

Late fee will be applied if contract is received after due date

This schedule is for planning purposes only. Please register online. Registration will be available soon.

Registration site: <https://www.rochesterfsc.org/contractreg.html>

	Monday		Tuesday		Wednesday		Thursday		Friday			Saturday	
	Zam		Zam		Zam		Zam		Zam			10:00	10:00
6:00		6:00		6:00		6:00		6:00		6:00		10:15	10:15
6:15		6:15		6:15		6:15		6:15		6:15		10:30	10:30
6:30		6:30		6:30		6:30		6:30		6:30		10:45	10:45
6:45		6:45		6:45		6:45		6:45		6:45		11:00	11:00
7:00	Open 15 min blocks	7:00	Open 15 min blocks	7:00	Open 15 min blocks	7:00	Open 15 min blocks	7:00	Open 15 min blocks	7:00		11:15	11:15
7:15		7:15		7:15		7:15		7:15		7:15		11:30	11:30
7:30		7:30		7:30		7:30		7:30		7:30		11:45	11:45
7:45		7:45		7:45		7:45		7:45		7:45		12:00	12:00
8:00		8:00		8:00		8:00		8:00		8:00		12:15	12:15
8:15		8:15		8:15		8:15		8:15		8:15		12:30	12:30
8:30		8:30		8:30		8:30		8:30		8:30		12:45	12:45
8:45		8:45		8:45		8:45		8:45		8:45		1:00	1:00
9:00		9:00		9:00		9:00		9:00		9:00		1:15	1:15
3:00		3:00		3:00		3:00		3:00		3:00		1:30	1:30
3:15		3:15		3:15		3:15		3:15		3:15		1:45	1:45
3:30	Open (15min)	3:30	Open (15min)	3:30	Open (15min)	3:30	Open (15min)	3:30	Open (15min)	3:30		2:00	2:00
3:45	Open	3:45	Open	3:45	Open	3:45	Open	3:45	Open	3:45		2:15	2:15
4:00	Open	4:00	Open	4:00	Open	4:00	Open	4:00	Open	4:00		2:30	2:30
4:15	Open	4:15	Open	4:15	Synchro (North rink)	4:15	Open	4:15	Open	4:15		2:45	2:45
4:30		4:30	MIF/Dance	4:30		4:30		4:30	Zam	4:30		3:00	3:00
4:45	MIF/Danc	4:45	Basic 6-- Pre-Juv	4:45	Zam	4:45	Open	4:45	All Skater Ice	4:45		3:15	3:15
5:00	Zam	5:00	High P&E (South)	5:00	Open	5:00	Open	5:00	Open (South)	5:00		3:30	3:30
5:15	Open	5:15	Open	5:15	Open (15min)	5:15	Open	5:15	Learn 2 Skate	5:15		3:45	3:45
5:30	Open	5:30	Open	5:30	Open	5:30	Open	5:30	Learn 2 Skate	5:30		4:00	4:00
5:45	Open	5:45	Zam	5:45	Open	5:45	Zam	5:45	Learn 2 Skate	5:45		4:15	4:15
6:00	Open	6:00	Learn 2 Skate	6:00	Open (15min)	6:00	Learn 2 Skate	6:00	Learn 2 Skate	6:00		4:30	4:30
6:15	Open	6:15	Learn 2 Skate	6:15	Jumps (on-ice)	6:15	Learn 2 Skate	6:15	Learn 2 Skate	6:15		4:45	4:45
6:30	Open	6:30	Learn 2 Skate	6:30	Open	6:30	Learn 2 Skate	6:30	Learn 2 Skate	6:30		5:00	5:00
6:45	Zam	6:45	Learn 2 Skate	6:45	Open	6:45	Learn 2 Skate	6:45	Learn 2 Skate	6:45		5:15	5:15
7:00	Learn 2 Skate	7:00	Learn 2 Skate	7:00	Open	7:00	Learn 2 Skate	7:00	Learn 2 Skate	7:00		5:30	5:30
7:15	Learn 2 Skate	7:15	Learn 2 Skate	7:15	Open	7:15	Learn 2 Skate	7:15	Learn 2 Skate	7:15		5:45	5:45
7:30	Learn 2 Skate	7:30	Learn 2 Skate	7:30	Open	7:30	Learn 2 Skate	7:30	Learn 2 Skate	7:30			
7:45	Learn 2 Skate	7:45	Learn 2 Skate	7:45	Open	7:45	Learn 2 Skate	7:45	Learn 2 Skate	7:45			
8:00	Synchro	8:00	Zam	8:00		8:00	Synchro	8:00	Zam	8:00			
8:15	Synchro	8:15	Adults on the Edge	8:15		8:15	Synchro	8:15	Synchro	8:15			
8:30	Synchro	8:30	Adults on the Edge	8:30		8:30	Synchro	8:30	Synchro	8:30			
8:45	Synchro	8:45	Adults on the Edge	8:45		8:45	Synchro	8:45	Synchro	8:45			
9:00	Synchro	9:00	Adults on the Edge	9:00		9:00	Synchro	9:00	Synchro	9:00			

Contract for Leveled Ice based on the following tests passed:

Open: No Test (must have passed Pre-Free Skate badge)

BS 6--Pre-Juv: Basic Skills 6 through Pre-Juvenile FS

Medium Power: Preliminary MIF to Juvenile MIF

High Power & Edge: Intermediate MIF to Senior MIF

Low Power/Edge: No Test (must have passed Pre-Free Skate badge) to Preliminary MIF

Medium Edge: Preliminary MIF to Juvenile MIF

Fundamental Freestyle: Open to all levels. This class is designed for skaters to learn jumps and spins and to get ready for the Pre-Pre MIF test level.

Learn2Skate Sessions.
For reference only.

South Rink

On-Ice Classes: North Rink

On-Ice Classes: South Rink

Register for 15 minute blocks

Off-Ice Classes

Times will be adjusted to accommodate on-ice sessions

Monday:

• 6:15 –6:45 Stars (Gym)

Tuesday:

• 5:20–5:50 B.A.S.E. (Gym)

Wednesday:

• 5:30 –6:00 Jumps (Gym)

Thursday:

• 5:30 –6:15 Flex & Pilates (Gym)

• 6:15 –7:15 Synchro Off-ice (Gym)

2023–2024 School Year Schedule Exceptions

Winter Interim: Tuesday, December 26 through Friday, December 29, 2023

No Ice: Afternoon Friday, March 22 through Saturday, March 23, 2024 (Return of the Robin)

No Ice: Saturday, March 30 through Saturday, April 6, 2024 (Spring break)

No Ice: Monday, April 22, 2024

Summer Interim: Tuesday, May 28 through Friday, May 31, 2024

Additional time changes: See the 2023-2024 Ice Contract for a list of additional class time exceptions.