

Rochester Figure Skating Club Summer 2010 Ice Schedule

Effective Monday, June 14, 2010 - Friday, August 27, 2010

Contract Due Monday, May 17, 2010

Late fee will be applied if contract received after due date

Skater _____

FS Level _____ MIF Level _____

Dance Level _____

Coach's Signature _____

- Week 1** June 14-18
- Week 2** June 21-25
- Week 3** June 28-July 2
- Week 4** July 5-9
- Week 5** July 12-16
- Week 6** July 19-23
- Week 7** July 26-30
- Week 8** Aug 2-6
- Week 9** Aug 9-13
- Week 10** Aug 16-20
- Week 11** Aug 23-27

Notes:

- Circle the sessions to be included in your contract.
- Select the weeks to be contracted above. (You may omit one week from the contract without charge).
- Make one copy for office and one for your records.

Contract for Leveled Ice based on the following tests passed:

Basic Plus: Basic 4 through Juv FS, Intermediate MIF, or Pre-Silver Dance

Level 1: NT (must have passed basic 8)

Level 2: Preliminary FS, Juvenile MIF or Bronze Dance

Level 3: Pre-Juvenile FS, Inter. MIF or Pre-Silver Dance

Level 4: Juvenile FS, Novice MIF or Silver Dance

FS Only: Juvenile FS

**** Intro to Dance:** Basic 4 - Prelim MIF **Note:** This is a class from 2:30-3:15pm on Thursdays. Complete separate form to register.

Contract for Competitive Edge & Power based on the following MIF tests passed:

Low: NT to Preliminary

Med: Preliminary to Juvenile

High: Juvenile to Senior.

Saturday on-ice sessions will be available through the Rec. Center and will not be part of this contract. Please contact the RFSC office or info@rochesterfsc.org for more information.

Summer Interim: June 7-11

Fall Interim: Aug 30-Sept 3

Off-Ice Classes

Class descriptions start on the next page of this document.

Please use ink to check the boxes for desired classes below.

★ These off-ice classes start and stop earlier or later than the time shown on the schedule to allow for skate changing:

Monday

- Sk8 Psych: 9:00-9:45
- High Strength & Conditioning: 12:00-1:00
- Medium Strength & Conditioning: 1:00-1:45

Tuesday

- Low Ballet: 10:00-10:45
- High Ballet: 10:50-11:50 (60 min)
- Jumps Off-Ice: 11:50-12:40 (50 min)

Wednesday

- Jumps Off-Ice: 8:15-9:00
- Flex. & Pilates: 9:45-10:45 (60 min)
- Low Strength & Conditioning: 1:30-2:15

Thursday

- High Conditioning: 11:00-12:00
- Medium Ballet: 12:00-12:45
- Jumps Off-Ice: 12:50-1:35 (45 min)

Friday

- Flex. & Pilates: 12:00-1:00

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30	Morning Sessions Rec Center Ice	Morning Sessions Rec Center Ice	Morning Sessions Rec Center Ice	Morning Sessions Rec Center Ice	Morning Sessions Rec Center Ice
5:45					
6:00	Level 1 15 min blocks 45 min minimum	Level 1 15 min blocks 45 min minimum	Level 1 15 min blocks 45 min minimum	Level 1 15 min blocks 45 min minimum	Level 1 15 min blocks 45 min minimum
6:15					
6:30	List desired time below	List desired time below	List desired time below	List desired time below	List desired time below
6:45					
7:00	From _____	From _____	From _____	From _____	From _____
7:15					
7:30	To _____	To _____	To _____	To _____	To _____
7:45	Total 15 min blocks	Total 15 min blocks	Total 15 min blocks	Total 15 min blocks	Total 15 min blocks
8:00					
8:15	Zam	Zam	Zam	Zam	Zam
8:30	Level 2	Level 2	Level 2	Level 2	Level 1
8:45					
9:00	Level 2	Level 2	Level 2	Level 2	Level 2
9:15					
9:30					
9:45	Zam	Zam	MIF/Dance	Zam	Zam
10:00	MIF/Dance	Level 4	Medium Power	Level 4	Level 3
10:15	FS Only Juv-SR				
10:30	Freeskate		Zam		
10:45		MIF/Dance	FS Only Juv-SR	MIF / Dance	MIF/Dance
11:00	High Power	Level 1	Freeskate	Level 1	High Comp. Edge
11:15					
11:30	MIF/Dance		High Power		
11:45	Zam	Zam		Zam	Zam
12:00	Level 1	FS: Level 1	Zam	Medium Comp. Edge	Level 1
12:15					
12:30	Level 1		Level 1		
12:45		Intermediate Synchro		Inter-mediate Synchro	Low Comp. Edge
1:00	Basic Plus		Low Power		
1:15					
1:30			Low Strength & Conditioning		Junior Club Hockey
1:45					
2:00					
2:15		Zam		Zam	
2:30	Intermediate Synchro Off-Ice	Junior Club	Open Juvenile Synch. Off-Ice	Junior Club FS Plus (Basic 1 and up)	
2:45					
3:00					
3:15			Juvenile Synch. Off-Ice	Open Juv Synchro 3:15-4:15	
3:30	Zam	Open Juvenile Synch.			
3:45	Inter-mediate Synchro		Open Juvenile Synchro	Beginner Pre-Juv Synchro 3:45-4:45	
4:00					
4:15					
4:30		Juvenile Synchro			
4:45	Zam		Zam	Juv Synchro 4:15-5:15	
5:00	Level 1		Level 1		
5:15				Zam	
5:30		Zam		Level 1	
5:45	J.P.S.E. and High Basics	Level 1	J.P.S.E. and High Basics		
6:00					
6:15				Junior Club and Adult	
6:30		Basic Plus			
6:45					
7:00		Jr. Club Hockey			
7:15					
7:30					
7:45					