

Rochester Figure Skating Club
Summer 2024 Ice Schedule

Effective: Monday, June 3–Friday, August 23, 2024

Contract due: Sunday, May 12, 2024

Late fee will be applied if contract received after due date

Note: RFSC is closed Monday, July 4
No High Edge June 6 or August 1

Notes:

Register online and print one copy of the schedule for your records.

Contract for Leveled Ice based on the following tests passed:

Open: All skaters that have passed pre-free skate badge and above

Basic 6–P–Bronze: Skaters who have passed Basic 6 through pre-bronze singles tests (have not passed bronze singles)

Contract for Power AND Edge Classes based on the following Skating Skills tests passed:

Low: No Test to Preliminary

Med: Preliminary to Bronze

High: Pre-Silver to Gold

High Skating Skills: Passed Pre-Silver SS and above

Freestyle: No test to Gold Singles

Off-Ice Classes

Note:

Times may be adjusted to accommodate on-ice sessions

Monday:

8:00–8:30 am Jumps
10:00–10:45 am Flexibility/Pilates

Tuesday:

1:30–2:15 pm Synchronized Skating Off-Ice

Wednesday:

8:00–8:30 am Jumps
10:15–11:00 am Flexibility/Pilates

Thursday:

10:15–11:00 am Jumps

Learn2Skate Classes

** Orange sessions for information only. Register for Learn2Skate at: www.rochesterfsc.org/l2s-classes

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		
5:30			5:30			5:30			5:30			5:30			5:30
5:45			5:45			5:45			5:45			5:45			5:45
6:00	Early Morning UNSUPERVISED ICE		6:00	Early Morning UNSUPERVISED ICE		6:00	Early Morning UNSUPERVISED ICE		6:00	Early Morning UNSUPERVISED ICE		6:00	Early Morning UNSUPERVISED ICE		6:00
6:15			6:15			6:15			6:15			6:15			6:15
6:30	Early Morning Sessions (6:30 to 8:00) 15 min blocks		6:30	Early Morning Sessions (6:30 to 8:00) 15 min blocks		6:30	Early Morning Sessions (6:30 to 8:00) 15 min blocks		6:30	Early Morning Sessions (6:30 to 8:00) 15 min blocks		6:30	Early Morning Sessions (6:30 to 8:00) 15 min blocks		6:30
6:45			6:45			6:45			6:45			6:45			
7:00			7:00			7:00			7:00			7:00			
7:15			7:15			7:15			7:15			7:15			
7:30			7:30			7:30			7:30			7:30			
7:45			7:45			7:45			7:45			7:45			7:45
8:00	Open	Jumps Gym	8:00	Open	8:00	Open	Jumps Gym	8:00	Open	8:00	Open	8:00	Open	8:00	
8:15			8:15		8:15		8:15	8:15		8:15					
8:30			8:30			8:30			8:30			8:30			8:30
8:45	Jumps on Ice		8:45	SS/Dance		8:45	Jumps on Ice		8:45	SS/Dance		8:45	High Skating Skills		8:45
9:00	ZAM	Open South Rink	9:00	ZAM		9:00	ZAM		9:00	ZAM		9:00	ZAM		9:00
9:15	Low Power & Edge		9:15	Open		9:15	Open		9:15	Open		9:15	Open		9:15
9:30			9:30			9:30			9:30			9:30			
9:45	SS/Dance		9:45			9:45			9:45			9:45			9:45
10:00	Open	Flex & Pilates Gym	10:00	High Power		10:00	SS/Dance		10:00	SS/Dance		10:00	SS/Dance		10:00
10:15			10:15			10:15			10:15			10:15			10:15
10:30	ZAM		10:30	ZAM		10:30	Open	Flex & Pilates SS	10:30	Open	Jumps P/L Gym	10:30	ZAM		10:30
10:45	Open		10:45	ZAM		10:45						10:45			10:45
11:00			11:00	ZAM		11:00	ZAM		11:00	ZAM		11:00			
11:15			11:15			11:15			11:15			11:15	11:15		
11:30			ZAM		11:30	Medium Power		11:30	Medium Edge		11:30	Basic 6 to Pre-Juv	High Edge South Rink	11:30	
11:45			11:45	11:45	11:45			11:45			11:45			11:45	11:45
12:00			12:00	ZAM		12:00			12:00	Low Power and Edge		12:00			12:00
12:15			12:15	Synchronized Skating		12:15			12:15			12:15			12:15
12:30			12:30			12:30	12:30	12:30	12:30	12:30					
12:45			12:45			12:45	12:45	ZAM		12:45	12:45	12:45			
1:00			1:00			1:00			1:00	Synchronized Skating South Rink		1:00			1:00
1:15			1:15			1:15			1:15			1:15			1:15
1:30			1:30	Synchronized Skating Off-Ice Gym		1:30			1:30			1:30	1:30	1:30	
1:45			1:45			1:45	1:45	1:45	1:45	1:45					
2:00			2:00			2:00			2:00			2:00			2:00
2:15			2:15			2:15			2:15			2:15			2:15
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4:30			4:30			4:30			4:30			4:30			4:30
4:45			4:45			4:45			4:45			4:45			4:45
5:00			5:00			5:00			5:00	Adaptive Skating Contract and Learn2Skate July 11–August 22		5:00			5:00
5:15			5:15			5:15			5:15			5:15			5:15
5:30	ZAM		5:30			5:30	ZAM		5:30			5:30			5:30
5:45	Learn2Skate (Explorers) July 8–August 19		5:45	ZAM		5:45	Pre-Juv / Beginner Synchronized Skating		5:45	ZAM		5:45			5:45
6:00			6:00	Learn2Skate July 9–August 20		6:00			Learn2Skate July 11–August 22		6:00	6:00			6:00
6:15	6:15	6:15	6:15			6:15					6:15	6:15			
6:30	Open (Will be cancelled if less than 10 skaters registered)	6:30	6:30			6:30	6:30	6:30			6:30				
6:45		6:45	6:45			6:45	6:45	6:45	6:45						
7:00		7:00	7:00			7:00	7:00	7:00	7:00	7:00					
7:15		7:15	7:15			7:15	7:15	7:15	7:15	7:15					
7:30			7:30			7:30			7:30			7:30			7:30
7:45			7:45			7:45			7:45			7:45			7:45
8:00			8:00			8:00			8:00			8:00			8:00