



Rochester Figure Skating Club

School Year 2023–2024

Ice Schedule Information

Introduction:

Please take some time to review this information prior to completing your online registration.

In addition to ice sessions the Club also offers off-ice classes throughout the week. It is highly recommended that skaters participate in the off-ice classes as they are designed to enhance their skating skills both from a strength and power point of view as well as balance. These will also develop the skaters' skills and will help towards injury prevention.

NOTE:

- The 2023-2024 Ice Contract, the 2023-24 Ice Schedule, the On-Ice session descriptions as well as the On-Ice and Off-Ice class descriptions, any forms noted on the online registration as being required and completion of online registration is our complete registration package.
- (i) The following forms, which may be accessed during online registration or downloaded from the RFSC website (<http://www.rochesterfsc.org>), must be submitted online by August 13, 2023.
 - Waiver and Release of Liability,
 - Assumption of Risk and Indemnity Agreement
 - Consent for Medical Attention and Treatment
- (ii) The following forms must be reviewed and agreed to during online registration prior to submitting the registration:
 - 2023-2024 Ice Contract
 - Volunteer Opportunity Form (including acknowledgement of the Volunteer Policy (not applicable to Introductory Membership))
 - Expectation of Skaters, Parents and Coaches
 - Safety Seminar Information

IMPORTANT: Each skater must attend a safety seminar prior to being able to skate on 2023-24 contract ice. This is an online course through the portal. Coaches will verify whether the skaters have attended this class before their first lesson.

- Your registration is not considered complete until the registration is completed, the above forms are completed, signed and turned into the office or submitted online, and the safety seminar has been completed. A hard copy of the Ice Schedule is provided as a worksheet. Retain this for your records. You will also receive an email acknowledgement of your registration for your records.

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 (15min) | 3:45 | | 2:15 | 2:15 |
| 4:00 | Open | 4:00 | Open | 4:00 | Open | 4:00 | Open | 4:00 | Open (15min) | 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 | | 5:15 | | 3:45 | 3:45 |
| 5:30 | Open | 5:30 | Open | 5:30 | Open | 5:30 | Open | 5:30 | | 5:30 | | 4:00 | 4:00 |
| 5:45 | | 5:45 | Zam | 5:45 | Jumps off-ice (gym) | 5:45 | Zam | 5:45 | | 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 | | 6:15 | Jumps (on-ice) | 6:15 | | 6:15 | | 6:15 | | 4:45 | 4:45 |
| 6:30 | | 6:30 | | 6:30 | Open | 6:30 | | 6:30 | | 6:30 | | 5:00 | 5:00 |
| 6:45 | Zam | 6:45 | | 6:45 | | 6:45 | | 6:45 | | 6:45 | | 5:15 | 5:15 |
| 7:00 | Learn 2 Skate | 7:00 | | 7:00 | | 7:00 | | 7:00 | | 7:00 | | 5:30 | 5:30 |
| 7:15 | | 7:15 | | 7:15 | | 7:15 | | 7:15 | | 7:15 | | 5:45 | 5:45 |
| 7:30 | | 7:30 | | 7:30 | | 7:30 | | 7:30 | | 7:30 | | | |
| 7:45 | | 7:45 | Open | 7:45 | | 7:45 | Synchro | 7:45 | | 7:45 | | | |
| 8:00 | Synchro | 8:00 | Zam | 8:00 | | 8:00 | Zam | 8:00 | | 8:00 | | | |
| 8:15 | | 8:15 | Adults on the Edge | 8:15 | | 8:15 | Synchro | 8:15 | | 8:15 | | | |
| 8:30 | | 8:30 | | 8:30 | | 8:30 | | 8:30 | | 8:30 | | | |
| 8:45 | | 8:45 | | 8:45 | | 8:45 | | 8:45 | | 8:45 | | | |
| 9:00 | | 9:00 | | 9:00 | | 9:00 | | 9:00 | | 9:00 | | | |

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.

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)



Rochester Figure Skating Club

On-Ice Session Descriptions

Movies-In-The-Field/Dance

Moves-in-the-Field (MIF)/Dance sessions are designed to practice the fundamentals of footwork and ice patterns required in figure skating. Successful completion of the MIF test is a pre-requisite to testing Free Skating (FS) at any given test level. For example, you must test and pass Pre-Preliminary MIF before being allowed to test Pre-Preliminary FS. Ice Dance is a great way to learn edges and turn control at Free Skating Speed. It also teaches you to move to various rhythms as well as improve your posture on the ice. These sessions are placed between FS sessions to allow more skaters to take advantage of this important aspect of their skating program. Contact your professional coach to schedule private MIF or Ice Dance lessons if desired. MIF is permitted on all MIF/Dance and Open sessions. MIF and Dance is not permitted on any Free Skate Only sessions

Synchronized Skating

Our synchronized skating program consists of teams divided by age and skating level. Our coaches are Vikki Dalquist, Kristina Orlova. Synchronized skating is a great way to: improve edges, learn new turns and footwork, learn presentation skills, learn to count and move to music, and increase your stroking power. It also provides an opportunity to make new friends and learn all about being part of a team in a largely individualized sport. If you are interested in joining a team please contact Vikki Dalquist.

Group Classes

Group exercise offers a variety of benefits which include exposure to a social and fun environment, a safe and effectively designed workout, a consistent exercise schedule, an accountability factor for participating in exercise. Skaters are encouraged to participate in as many on-ice classes as their schedule allows.

On-Ice Class Descriptions

Competitive Edge

This is an intensive class with progressive difficulty. Intricate footwork, speed, and essential skating positions are components of the Competitive Edge Class. Regular attendance is crucial to skaters' success as steps progress in difficulty. Level placement in Competitive edge class is based on MIF levels PASSED as per the criteria listed below.

Power

Using familiar footwork this class will focus on speed, endurance and strength. The class is designed to develop aerobic capacity and power to enhance program performance. Power Classes are based on MIF levels PASSED as per the criteria listed below.

| Class | MIF Levels Passed |
|---------------------|--|
| Low Power/Edge | No Test (must have passed PreFreeskate badge) to Preliminary |
| Medium Power & Edge | Preliminary to Juvenile |
| High Power & Edge | Intermediate to Senior |

Freestyle Ice/All Skater Ice

Open to all levels. This ice time is designed for skaters to enhance their MIF skills.

Fees structure is:

RFSC CONTRACT SKATERS

15 minute classes are priced at \$4.00

30 minute classes are priced at \$8:25

45 minute classes are priced at \$12:50

NON-CONTRACT AND GUEST SKATERS

15 minute classes are priced at \$8.00

30 minute classes are priced at \$14.00

45 minute classes are priced at \$21.00

Registering for On-Ice Classes

RFSC Contract Skaters: You are encouraged to contract for these classes. Cancel/makeup units may be used for on-ice classes. However, due to the additional coaches' fees involved, the following rates will apply:

| Class Length | Cancel | Makeup |
|--------------|---------|---------|
| 15 minutes | 1 unit | 2 units |
| 30 minutes | 2 units | 4 units |
| 45 minutes | 3 units | 6 units |

Please note: *Skaters who contract for group classes MAY use their units as make-ups on RFSC contract ice. However, these units cannot be used for synchronized skating.*



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Off-Ice Class Descriptions

Strength & Conditioning/B.A.S.E Class

This class will be a challenging total body workout which will include core strength, warm-up drills, flexibility stretches, cool down routines, strength training exercises, jump and plyometric training programs and endurance conditioning exercises for on-ice injury prevention. We will also be using the periodization plan which helps skaters maximize their training potential. This class will focus on balance, agility, strength and endurance. Please consult your coach and the class instructor to determine which level of class is appropriate for you to take.

Flexibility and Pilates

Skating requires exceptional stability in the body core to maintain proper position in jumps, spins and footwork. This class will focus on strengthening the core muscles. Extensive stretching exercises will improve flexibility for the important extension requirements, such as spirals, split jumps, catch-foot spins, etc.

Off-Ice Jumps

For many years this class has trained and conditioned skaters for their difficult jumps in a safe environment. Practicing jumping skills in athletic shoes on a padded floor contributes to the safe and effective learning of these critical skating skills. This class also includes flexibility, strength and conditioning training. *This year a change to the Jumps class will include a 15 min on ice session. Skaters will work off-ice and then follow up with a 15 min on ice session.*

Fee for Off-Ice Classes

RFSC Contract Skaters: All off-ice classes will be 30 to 45 minutes long. There are 2 options to pay for office classes. The first option is to contract for an off-ice class. If you contract, the class will cost less and you will have the benefit of being notified if there are changes to the class time or if the class is cancelled. **Off-ice classes need to be cancelled 24 hours before the start of the class for a skater not to be billed for that class.** If RFSC cancels a class, you will not be billed for that class. The second option is to take off-ice classes as a “drop-in” and be billed the drop-in class fee. The fee scale is as follows:

Cost per class if the skater contracts for the class: \$7.00/class

Cost per class if the skater takes a class as a “drop-in”: \$10.00/class

Non-Contract & Guest Skaters: The off-ice class information above pertains to non-contract and guest skaters with the exception of pricing which will be \$12.00 per class session.

Important Off-Ice Information

Off-Ice classes are designed to complement on-ice training. The professional coaching staff feels strongly that regular attendance at off-ice classes is essential for competitive skaters and highly recommended for anyone wishing to improve. Watch for additional off-ice classes offered periodically throughout the year. They will be posted on the RFSC web site, and in the office. Notices will also be sent to the club E-mail list.

To ensure a positive and productive environment for everyone, skaters are expected to come to off-ice classes prepared and ready to work hard. The off-ice instructor has the right to ask any skater(s) to leave the class, without refund, if they are disruptive or not participating fully in

the class. All skaters who are participating in off-ice classes also need to return any equipment to the storage area before leaving class. This is EVERY participant's responsibility. DO NOT LEAVE THE GYM UNTIL ALL EQUIPMENT IS PUT AWAY!