



Rochester Figure Skating Club

On-Ice Session Descriptions

Summer 2024

Singles Ice Sessions:

Ice sessions are designed to allow skaters to practice based on their test levels.

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

Basic 6- Pre-Bronze: Skaters who have passed Basic 6 through pre-bronze free skate tests (have not passed bronze singles)

Freestyle: this ice is for all skaters from No Test to Gold Singles test.

Skating Skills/Dance

Skating Skills (SS) sessions are designed to practice the fundamentals of footwork and ice patterns required in figure skating. Successful completion of the Skating Skills test is a pre-requisite to testing Singles (S) at any given test level. For example, you must test and pass Pre-Preliminary Skating Skills before being allowed to test Pre-Preliminary Singles. These sessions are placed between Singles sessions to allow more skaters to take advantage of this important aspect of their skating program. Contact your professional coach to schedule private Skating Skills lessons if lessons are desired.

Synchronized Skating

Our synchronized skating program consists of teams divided by age and skating level. Our coaches are Vikki Dalquist and Kristina Orlova. Synchronized skating is a great way to: improve your 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. Please see the RFSC website, <https://rochesterfsc.org/synchro> , for detailed information about Synchronized Skating.



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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 Skating Skills **PASSED**.

RFSC Contract Skaters		
Class	Skating Skills	Fee
Low Edge	No Test (must have passed Pre-Free Skate)	\$8.25
Medium Edge	Preliminary to Bronze	\$12.25
High Edge	Pre-Silver to Gold	\$8.25

Non-Contract & Guest Skaters		
Class	Skating Skills	Fee
Low Edge	No Test (must have passed Pre-Free Skate)	\$14
Medium Edge	Preliminary to Bronze	\$21
High Edge	Pre-Silver to Gold	\$14

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 Skating Skills levels **PASSED**.

RFSC Contract Skaters		
Class	Skating Skills	Fee
Low Power	No Test (must have passed Pre-Free Skate)	\$8.25
Medium Power	Preliminary to Bronze	\$8.25
High Power	Pre-Silver to Gold	\$8.25

Non-Contract & Guest Skaters		
Class	Skating Skills	Fee
Low Power	No Test (must have passed Pre-Frees Skate)	\$14
Medium Power	Preliminary to Bronze	\$14
High Power	Pre-Silver to Gold	\$14

Please note that upon a recommendation from an On-ice class Instructor or a skater's Head Coach, in consultation with the skater's head coach, and the Group Class Instructor, a skater might be asked to move up a class level even if they have not met the test level requirements by one level. This is at the discretion of the coaches. The skater will be put on a probationary period of 3 weeks to assess whether the recommendation is a good fit for the skater.

Registering for On-Ice Classes

RFSC Contract Skaters: You are encouraged to contract for these classes. Classes are a fun and a cost effective way of working on different elements of skating. 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 that when using makeup units for an on-ice class the units will be charged at the full rate (\$3.20/unit).

Skaters who contract for Power or Edge class MAY use their units as make-ups on RFSC contract ice. However, they may not use these units for make-ups for synchronized skating time or off-ice classes.

Non-Contract & Guest Skaters: Please contact the RFSC office if you wish to participate in on-ice classes.



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Off-Ice Class Descriptions

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.

Fee for Off-Ice Classes

RFSC Contract Skaters: All off-ice classes will be between 30 to 45 minutes long. **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 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. If you cancel a contracted off-ice class, then you will not be billed for that class. Also, if RFSC cancels a class, you will not be billed for that class. Another 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!***