

Eden Prairie Figure Skating Club

Summer 2019 Ice Schedule

June 10-August 23 11 weeks

Additions to Summer Ice Schedule

Tuesday 10:00-10:15 High Power/Edge

Thursday 12:00-12:15pm Low Power/Edge

These classes are levelled and do not count toward a skaters 2 session minimum.

High Power/Edge -Working on intermediate moves in the field through senior moves in the field. This class is for the skater who wants to continue to develop; power, endurance, strength of edge

Low Power/Edge -Working on Pre-Preliminary through Juvenile moves in the field. The skater must have passed their pre-preliminary moves test, but not their juvenile moves. This class is for the young developing skater to gain; power, endurance, posture and confidence in their edges and turns.

Off Ice Conditioning Class (Instructors: Rachel Nelson and Renee Rahimi)

Dates and time: Thursdays June 13-August 22 at 1:15pm-2:00pm

This class does not count toward skaters 2 session minimum.

Off ice conditioning class is for skaters ages 10 and up.

Off ice training is an integral part of improving a skater's overall fitness and performance in the sport of figure skating. By increasing the skater's overall fitness, the skater's body will be more prepared for the demands of jumping, rotating and the required moves. Through different forms of exercise the skater can improve strength, stamina, core stability, balance, cardiovascular endurance and flexibility. Spin boards and rotational exercises will be included in the summer class format.

Notes:

1. Skaters must meet their minimum contracting requirements each month (June, July and August) in order to remain in good standing with the club.
2. Please note the summer contract changes three times. Please note session time changes and dates.
3. NO Club ice Thursday July 4th and Friday July 5th
4. Friday June 28 time shifts to 9:30am start for session #22-25A all times shifted 2 hours.
Fridays in July begin at 9:30am, Fridays in Aug return to 7:30am
5. Tuesday, July 30 - Session 11C starts at 6:30pm (vs. 5:00pm the rest of August)
and 12C-Junior Club/Spins starts at 7:15pm (vs. 5:45pm rest of August)

Policies:

- (1) All sessions (except Junior Club/Spins and Presentation/Power Class) have a limit of 22 skaters.
- (2) Junior Club/Spins skater to coach ratio will be 6:1 maximum.
- (3) There are no exchanges (make-ups) for missed Junior Club/Spins, Power and Presentation Class

Competitions:

June 21-22 Braemar Competition in Edina

July 17 Skate St. Paul at Richfield Arena

August 2-4 Robin Lee in Minneapolis

August 15-17 Minnesota State Competition in Bloomington Ice Garden

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Proposed 5.4.19

Session	June 10-June 28	Session	July 1-26	Session	July 29-August 23		
Monday	#1A	7:30 - 8:15 am Open	#1B	9:30 - 10:15 am Open	#1C	7:30-8:15 am Open	
	#2A	8:15 - 9:00 am PreJuv + Free	#2B	10:15 - 11:00 am PreJuv + Free	#2C	8:15 - 9:00 am PreJuv + Free	
		9:00 - 9:30 am		11:00 - 11:30 am		9:00 - 9:30 am	
	#3A	Spins resurface	#3B	Spins resurface	#3C	Spins resurface	
	#4A	9:45-10:30 pm Open	#4B	11:45am-12:30 pm Open	#4C	9:45-10:30 am Open	
		10:30 - 11:15 am		12:30 - 1:15 pm		10:30 - 11:15 am	
#5A	Open	#5B	Open	#5C	Open		
Tuesday	#6A	9:30 -10:15 am PreJuv + Free	#6B	9:30 -10:15 am PreJuv + Free	#6C	9:30 -10:15 am PreJuv + Free	
	#7A	10:15 - 10:30 am High Power/Edge	#7B	10:15 - 10:30 am High Power/Edge	#7C	10:15 - 10:30 am High Power/Edge	
		10:30 -11:15 am		10:30 -11:15 am		10:30 -11:15 am	
	#8A	Open resurface	#8B	10:30 -11:15 am Open resurface	#8C	Open resurface	
	#9A	11:30am -12:15 pm Open	#9B	11:30am -12:15 pm Open	#9C	11:30am -12:15 pm Open	
		12:15 -1:00 pm		12:15 -1:00 pm		12:15 -1:00 pm	
	#10A	Open	#10B	Open	#10C	Open	
	#11A	5:00-5:45 pm Open	#11B Jr. Club/Spin	6:30-7:00 pm Jr. Club/Spins	#11C	5:00-5:45 pm Open	
		5:45-6:15 pm Jr. Club/Spins		7:00-7:45 pm Open		5:45-6:15 pm Jr. Club/Spins	
	Wednesday	#13A	9:30 - 10:15 am Open	#13B	9:30 - 10:15 am Open	#13C	9:30 - 10:15 am Open
		#14A	10:15 - 11:00 am PreJuv + Free	#14B	10:15 - 11:00 am PreJuv + Free	#14C	10:15 - 11:00 am PreJuv + Free
			resurface		resurface		resurface
#15A		11:15am-12:00 pm Open	#15B	11:15am-12:00 pm Open	#15C	11:15am-12:00 pm Open	
		12:00 -12:45 pm		12:00 -12:45 pm		12:00 -12:45 pm	
#16A		Open	#16B	Open	#16C	Open	
Thursday	#17A	9:30 -10:15 am PreJuv + Free	#17B	9:30 -10:15 am PreJuv + Free	#17C	9:30 -10:15 am PreJuv + Free	
	#18A	10:15 - 11:00 am Open	#18B	10:15 - 11:00 am Open	#18C	10:15 - 11:00 am Open	
		resurface		resurface		resurface	
	#19A	11:15am -12:00 pm Open	#19B	11:15am -12:00 pm Open	#19C	11:15am -12:00 pm Open	
		12:00 - 12:15 pm		12:00 - 12:15 pm		12:00 - 12:15 pm	
	#20A	Low Power/Edge	#20B	Low Power/Edge	#20C	Low Power/Edge	
	#21A	12:15 -1:00 pm Open	#21B	12:15 -1:00 pm Open	#21C	12:15 -1:00 pm Open	
Friday	June schedule for June 14 and June 21						
	#22A	7:30-8:15 am Open	#22B	9:30-10:15 am Open	#22C	7:30-8:15 am Open	
	#23A	8:15-9:00 am PreJuv + Free	#23B	10:15-11:00 am PreJuv + Free	#23C	8:15-9:00 am PreJuv + Free	
		resurface		resurface		resurface	
	#24A	9:15-10:00 am Open	#24B	11:15 am-12:00 pm Open	#24C	9:15-10:00 am Open	
		10:00-10:45 am		12:00-12:45 pm		10:00-10:45 am	
	#25A	Open	#25B	Open	#25C	Open	

June schedule for June 28

	9:30-10:15 am
#22A	Open
	10:15-11:00 am
#23A	PreJuv + Free
	resurface
	11:15 am-12:00 pm
#24A	Open
	12:00-12:45 pm
#25A	Open