

Class Descriptions

On-Ice Power/Cardio Class-

This fast paced class improves cardiovascular endurance through aerobic and anaerobic exercises. A secondary focus will cover power development and maintenance. Open to skaters PreFreeskate and above.

Edge/Turn Class-

This class will focus on the basics of edge control by performing exercises which cover the ice in various patterns. The goal is to gain a deeper control over the edge and increase turn repertoire, all while maintaining proper posture and alignment. Open to skaters PreFreeskate and above.

On-ice Spin Class-

This class is designed to improve proper spin technique by breaking down the specific parts of each spin. Skaters will perfect the basic spin positions as well as develop difficult spin variation positions. Open to PreFreeskate and above.

Off-ice Jump/Agility Class-

Off-ice jump is designed to teach the skater proper jump technique on the floor and work on explosive power, conditioning, and rotational speed. This class will also incorporate agility drills to improve quickness and balance on the ice. Open to skaters of all levels.

Core/Strength Class-

A progressive class designed for athletes to train and utilize core muscles. Core training is essential for the acceleration of all athletes, as well as injury prevention. This class is encouraged for all levels of skating, from Basic Skills to Elite Competitors. This class is open to all levels of skaters

Rotation/Jump Training-

This class is designed to increase rotational speed by strengthening fast twitch muscles. Skaters will perform rotational exercises and body weight exercises for both upper and lower body strength. Open to skaters of all levels.

Stretch Class-

This class will help skaters learn how to stretch properly and effectively to further maximize individual flexibility and strength of muscles. Stretching will help to relax tight muscles and provide better athletic performance. Open to skaters of all levels.

Rising Stars Academy-

Elite figure skating program for the beginning competitive athlete. Skaters will be introduced to the different on and off ice classes in a competitive training program. Class types offered on ice will be beginning spin, jump, edge and power. Off ice classes will be beginning rotation, jump, agility, core, flexibility. Open to skaters Basic 3—PreFreeskate.

For More Information
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or go to
www.fscomaha.org



The Figure Skating Club Of Omaha



**Summer
Skating Program
2017
At
McLean Ice Arena
Baxter Ice Arena
June 5—Aug. 4, 2017**

Schedule

Mon/Tue/Wed/Fri Morning

McLean Ice Arena

6:00am—8:00am Open Freestyle

8:00am—8:15am Ice Resurface

8:15am—10:15am Open Freestyle

10:15am—10:45am On-ice Class

10:50am—11:35am Off-ice Class

Thurs. Morning

McLean Ice Arena

6:00am—9:00am Open Freestyle (no classes)

Monday Evening

McLean Ice Arena

4:25pm—4:55pm Off-ice Class

5:00pm—6:30pm Open Freestyle

Tuesday Evening

Baxter Ice Arena

4:25—4:55pm Off-ice Class (starting July 11)

On-Ice & Off-Ice Session Prices

**Freestyle session (1 hr. session) 1— orange coupon
walk-on—\$13.00**

**Coupon Sheet Orange (5 coupons/10 coupons)
\$55.00/\$110.00**

**On-Ice & Off-Ice Classes— Green coupon (\$9.00)
walk-on \$13.00**

Coupon Sheet Green (10 coupons) \$90.00

On-ice Class Schedule

ALL SKATERS WILL SIGN IN AND PAY AT THE FSCO SIGN IN BOOK

McLean Ice Arena

Class time is 10:15—10:45am

Monday— Endurance/Edge Class (Andrea)

Tuesday— Spins Class (Alyssa)

Wednesday— Rotation/Jump (John)

Rising Stars Academy (Alyssa)

Friday— Power/Cardio Class (John)

Off-ice Class Schedule

ALL SKATERS WILL SIGN IN AND PAY AT THE FSCO SIGN IN BOOK

McLean Ice Arena

Class time is 10:50am-11:35am

Monday— Rotation/Strength Class (Andrea)

Tuesday— Stretch Class (Alyssa)

Wednesday— Jump/Rotation Class (John)

Rising Stars Academy (Alyssa)

Friday— Rotations/Jump class (John)

McLean Ice Arena

Class time is 4:25—4:55pm

Monday— Rotation/Strength Class (ALL)

Baxter Ice Arena

Class time is 4:25—4:55pm

*****STARTING JULY 11*****

Tuesday— Rotation/Strength Class (ALL)