

Class Descriptions

On-Ice Skating Skills Class-

An on ice class focusing on quality edges, extension, posture, turn execution. This class will strengthen the basics as well as work challenging edge and turn combinations.

Open to skaters Pre Freeskate and above.

On-Ice Music Interpretation-

Explore different styles of music and how movement, tempo, and expression develops with each style. How does music inspire your emotion and creativity?

Open to all levels of skaters.

On-ice Spin Foundations 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 skaters Pre Freeskate and above.

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 Pre Freeskate and above.

On-Ice Rotation/Jump Class-

Endurance training combined with rotational exercises builds strength and fast twitch muscles to improve multi rotational jumps.

Open to skaters Pre Freeskate and above.

Off-Ice Circuit Pump Class-

This class will work specific muscle groups to improve overall body strength and cardio. Move through a fast paced circuit of time full body exercises.

Open to skaters of all levels.

Off-ice The Jump Factor Class-

Skaters will train to improve vertical explosiveness and height through lower trunk and core strengthening exercises.

Open to skaters of all levels.

Off-ice Guided Stretch Class-

This class will focus on full body stretch followed by relaxing stretch focusing on splits, extension positions and back flexibility to finish the day.

Open to skaters of all levels.

Off-ice 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.

Off-ice Rotation/Plyometrics 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 plyometrics to improve overall strength and conditioning of the athlete.

Open to skaters of all levels.

Competition Warm Ups and Mental Preparation-

Best practices for competition readiness. Skaters will be taken through proper pre-practice and pre-competition warm ups, mental preparation for daily practice and events, and peak performance nutrition.

Open to skaters of all levels.

Aspire 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 class types offered will be basic plyometrics, agility, stretch, and strength. Open to skaters Basic 3—FreeSkate 6.



The Figure Skating Club Of Omaha



Summer Skating Program 2026

At

**McLean Ice Arena
Baxter Ice Arena**

June 1—Aug. 7, 2026

Schedule

Mon/Tues/Wed/Thur Morning **McLean Ice Arena**

6:00am—10:15am Open Freestyle

10:15am—10:45am On-ice Class

10:50am—11:20am Off-ice Class

Friday Morning **McLean Ice Arena**

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

9:05-9:35am—Off-ice Class

Monday Evening **McLean Ice Arena**

5:00pm—6:30pm Open Freestyle

Thursday Evening **Baxter Arena**

5:00—6:00pm Open Freestyle

On-Ice & Off-Ice Session Prices

ALL ICE & CLASS PAYMENT IS COMPLETED ONLINE

www.fscomaha.org

Freestyle session

\$12/hr. Club members

\$13/hr. Non-club members

On-Ice & Off-Ice Classes— \$10/class

On-ice Class Schedule

ALL SKATERS WILL SIGN IN AND ALL CLASS PAYMENT IS DONE ONLINE

McLean Ice Arena

Class time is 10:15—10:45am

Monday— **E/O Skating Skills Class (Andrea)**
E/O Music Interpretation (Andrea)

Tuesday— **Spins Foundations Class (Alyssa)**

Wednesday— **Power/Cardio Class (John)**
ASPIRE Academy (Alyssa)

Thursday— **On-ice Rotation/Jump Class (John)**

Off-ice Class Schedule

ALL SKATERS WILL SIGN IN AND ALL CLASS PAYMENT IS DONE ONLINE

McLean Ice Arena

Class time is 10:50am-11:20am

****Friday 9:05-9:35am**

Monday— **Circuit Pump Class (Andrea)**

Tuesday— **E/O The Jump Factor (Alyssa)**
E/O Guided Stretch (Alyssa)

Wednesday— **Rotation/Jump Class (John)**
ASPIRE Academy (Alyssa)

Thursday— **Rotations/Plyometrics Class (John)**

****Friday—** **Competition Warm Ups & Mental**
Preparation (Andrea)