

Class Descriptions

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.

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 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 Edge/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.

Creative Ice Movement Class-Our newest on - ice class introduces skaters to a variety of warm - up and cool - down exercises, transitions, and skating skills while utilizing forward and backward skating, lunges, twizzles, crossovers, mohawks, spirals, and turns. Class will be varied and innovative.

Open to skaters Pre Freeskate and above.

Off-Ice Strength/Agility Class-

This class will work specific muscle groups to improve overall body strength and stability. The agility portion of the class will work fast twitch muscles to improve explosive and dynamic quickness.

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.

Off-ice Jump/Stretch Class-

This class will be divided into two sections. First, off-ice jumps focusing on Single/double Axel, combination jumps, and arm variations. Followed by relaxing stretch focusing on splits, extension positions and back flexibility to finish the day.

Open to skaters of all levels.

Off-ice Zumba Class-

This high-energy dance party won't feel like a work out! This class combines both music and movement to increase skaters' coordination, boost metabolism, and introduce skaters to various types of music. This ultimate dance-fitness class will be choreographed to kid-friendly routines, and is open to all ages and abilities. Get your fit on!

Open to all levels of skaters

Salutation & Stretch-Flexibility is essential for success in skating. Skaters will strengthen their bodies and minds through yoga-inspired poses. Stretching increases range of motion, encourages blood flow throughout muscles, and helps improve posture and balance. Join us on the mat!

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.

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.

FSCO Skating Director—Andrea Kunz-Williamson
Twocoach@cox.net
www.fscomaha.org



The Figure Skating Club Of Omaha



**Summer
Skating Program
2023
At
McLean Ice Arena
Baxter Ice Arena
June 5—Aug. 11, 2023**

Schedule

Mon/Tue/Wed/Fri Morning McLean Ice Arena

6:00am—10:15am Open Freestyle

10:15am—10:45am On-ice Class

10:50am—11:20am Off-ice Class

Thurs. 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 DONE ONLINE

www.fscomaha.org

Freestyle session

\$13/hr. Club members

\$14/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— **Edge/Skating Skills Class (Andrea)**
- Tuesday— **E/O Spins Class (Alyssa)**
E/O Creative Ice Movement (Alyssa)
- Wednesday— **Power/Cardio Class (John)**
ASPIRE Academy (Alyssa)
- Friday— **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

****Thursday 9:05-9:35am**

- Monday— **Strength/Agility Class (Andrea)**
- Tuesday— **E/O Zumba Class (Alyssa)**
E/O Salutation & Stretch (Alyssa)
- Wednesday— **Rotation/Jump Class (John)**
ASPIRE Academy (Alyssa)
- **Thursday— **Rotations/Jumps Class (Andrea)**
- Friday— **Rotations/Plyometrics Class (John)**