

ADVANCED FIGURE SKATING CLASSES (JMFS)

Moves In The Field / Freestyle / Jump Class

Advanced group instruction in figure skating moves in the field elements and free skate spins and jumps. This class will develop a higher understanding and execution of positions, pushes, edges, correct stance, posture and technique for moves in the field patterns and freestyle spin & jump elements. Off-Ice Jump class will develop a higher level of physical endurance as well as enhance muscle power and control for specific figure skating techniques and positions.

Open to skaters levels Basic 6 through FS 1-6.

WINTER/SPRING JMFS SUNDAY CLASSES

SESSION 1: JAN 8, 15, 22, 29 FEB 5, 12

SESSION 2: FEB 26 MAR 4, 11, 18, 25 APR 1

SESSION 3: APR 15, 22, 29, MAY 6, 13, 20

Each 6 Week session: \$300/skater

(add \$15 non-resident)

Deadline is 7 days before 1st class each session.

OR see special discount below *.

(add \$15 late fee)

Drop In Fee: \$65 per class/skater

New Policy:

You must register and pay for the JMFS session 7 days prior to session start. If not, there will be a late fee of \$15 added to your session fee. NO pro-rating.

Class time: 5:30-6:15pm

(included in class fee)

Off-Ice Jump

6:30-7:30pm

(included in class fee)

On-Ice Class

7:30-8:30pm

(included in class fee)

FS Practice

*** Register for all three winter/spring sessions:**

30% discount = \$630 — deadline January 1, 2012