

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 PreFreestyle 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 PreFreestyle 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 PreFreestyle 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.

Zumba-

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

Music Interpretation Class-

This class will utilize the 30 minute ice time for warm up, a self choreographed step sequence and how to utilize music to convey stories to the audience and judges. The coach will introduce different types of music to skaters and will show different body movements that go with these different musical selections. Open to Basic 8 and above.

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—PreFreestyle.

For More Information
FSCO Skating Director
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or go to
www.fscomaha.org



The Figure Skating Club Of Omaha



Summer Skating Program 2019

At

**McLean Ice Arena
Baxter Ice Arena**

June 3—July 31, 2019

Schedule

Mon/Tue/Wed/Fri Morning **McLean Ice Arena**

6:30am—10:15am Open Freestyle

10:15am—10:45am On-ice Class

10:50am—11:35am Off-ice Class

Thurs. Morning **McLean Ice Arena**

6:30am—9:00am Open Freestyle (no classes)

Monday Evening **McLean Ice Arena**

4:25pm—4:55pm Off-ice Class

5:00pm—6:30pm Open Freestyle

Thursday Evening **Baxter Arena**

5:00—6:00pm Open Freestyle

On-Ice & Off-Ice Session Prices

Freestyle session (1 hr. session) 1— orange coupon
walk-on—\$16.00

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

On-Ice & Off-Ice Classes— Green coupon (\$9.00)
walk-on \$16.00

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— Edge/Music Interpretation 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— Zumba 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)