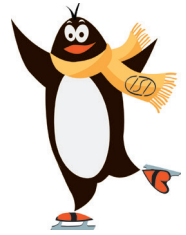


# Franklin Park Ice Arena



## Fall 2019 Program Schedule



### About our Fall Skating School...

We follow the Ice Skating Institute curriculum. weSKATE is the leading learn-to-skate program that focuses on teaching people to skate for the FUN of it.

- Classes meet once per week and the fall session is ten to eleven weeks long
- Progress Reports are given mid session and Report Cards at the end of each session
- Our professional coaches are available for “private lessons” if extra help is needed
- Spectators are not allowed in the Studio Arena
- Prorated refund requests are accepted at the front counter until the end of the second week of class. An administrative fee will be charged
- You can enroll in more than one class
- There are no “makeups”
- Students can attend special “free” practices, schedule is on page 4
- Skates are available for rent at \$3 or you can purchase a Discount Skate Rental card (\$30 for 15 rentals).
- Freestyle ice and Public Skating sessions are available at an extra charge for practice time

### Holiday Recital 2019

**Saturday, December 7 @ 4:30pm**

**Sunday, December 8 @ 3:00pm**

Be sure to reserve the first weekend in December for the performance of our annual Holiday Recital. You'll enjoy the talents of our young skaters as they perform to the music of the season. We promise to lift your spirits and help you celebrate the special joys of the holiday season.

**After Saturday's performance, everyone who attends the show is invited to stay and skate for FREE!**

Skaters who wish to be part of the festivities should register for Session 1 classes and for the appropriate group number. Additional information is available on our Holiday Recital flyer.

### Class Evaluations

For returning skaters who were not able to be tested this Summer...

#### **Thursday, September 5**

4:40-5:00pm - Tots, Beginner, Pre-Alpha

5:00-5:30pm - Alpha, Beta, Gamma

5:30-5:50pm - Delta, Freestyle 1 & 2

5:50-6:20pm - Freestyle 3 & Above

### *Scary Skate!*

**Saturday, October 26th, 2:00-3:30pm**

Get into the spirit of Halloween by joining us for a spooktacular time on the ice! Wear your scariest or most creative costume and get half off admission to public session.

We award prizes for the best costumes and we'll have treat bags for all the kids!

### *Session 1:*

**September 9 - November 23**

**Session 1 is 10-11 Weeks**

(No classes on Halloween, Thursday, October 31)

Don't delay...Registration begins soon!

**In District: August 19**

**Out of District: August 20**

### Registration Dates:

**August 19 - 30, Mon thru Thurs, 8am-4pm**

**Fridays, Saturdays & Sundays closed**

**All offices closed Aug 31 thru Sept 2**

**Starting September 3,**

**registration will take place**

**at the Ice Arena, 9am-8pm Daily.**

# FALL Into Skating at the FPIA!

## No Classes on Halloween, Thursday, Oct 31



**Tots AGES 3, 4 & 5** enroll in a weekly class that meets for 30 minutes. As you progress, you'll be promoted to the Tot 2 class then on to Tot 3...Tot 4.

### Student/Teacher Ratio for Tots ~ 6:1

Day	Time	Wks	ID	OD
<b>Tot 1</b> beginners ages 3-5 (balancing & marching)				
Tuesday~	9:30-10:00 am	11	\$76	\$91
Wednesday~	12:45-1:15 pm	11	\$76	\$91
Wednesday~	5:05-5:35 pm	11	\$76	\$91
Thursday~	4:30-5:00 pm	10	\$69	\$83
Thursday~	5:10-5:40 pm	10	\$69	\$83
Saturday~	10:20-10:50 am	11	\$76	\$91

### Tot 2 for Tot 1 graduates (gliding, marching)

Tuesday~	9:30-10:00 am	11	\$85	\$103
Wednesday~	12:45-1:15 pm	11	\$85	\$103
Wednesday~	5:05-5:35 pm	11	\$85	\$103
Thursday	4:30-5:00 pm	10	\$78	\$93
Thursday~	5:10-5:40 pm	10	\$78	\$93
Saturday~	10:20-10:50 am	11	\$85	\$103

### Tot 3 & 4 (Tot 3: dip, wiggle, back swizzle, beginning stroking, stops Tot 4: swizzles, stroking, beginning crossovers)

Tuesday~	10:00-10:30 am	11	\$85	\$103
Wednesday~	1:15-1:45 pm	11	\$85	\$103
Wednesday~	5:05-5:35 pm	11	\$85	\$103
Thursday~	5:10-5:40 pm	10	\$78	\$93
Saturday~	10:20-10:50 am	11	\$85	\$103

### Student/Teacher Ratio for Beginners and Above ~ 10:1

**BEGINNERS AGES 6-12** As you progress, you'll be promoted to the "Pre-Alpha" class, then on to "Alpha".

Monday~	6:10-6:50 pm	11	\$95	\$114
Wednesday~	6:15-6:55 pm	11	\$95	\$114
Thursday~	5:40-6:20 pm	10	\$86	\$103
Saturday~	9:40-10:20 am	11	\$95	\$114
Saturday~	11:30 am-12:10 pm	11	\$95	\$114

### ADULTS LIKE TO SKATE TOO!

**AGES 15 & OLDER** enroll in a weekly class from our Beginner and Intermediate levels.

**TEEN/ADULT: Level 1 Beginner** (beginning skating through backwards crossovers)

Saturday~	9:00-9:40 am	11	\$101	\$121
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**TEEN/ADULT: Level 2 Intermediate** (3-turns, spins and jumps)

Saturday~	9:00-9:40 am	11	\$101	\$121
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**TEEN/ADULT: Level 1 & 2 Combined**

Wednesday*	12:00-12:40 pm	11	\$101	\$121
Thursday~	5:40-6:10 pm	10	\$91	\$110

### Student/Teacher Ratio for Beginner and above ~ 10:1

**PRE-ALPHA** for skaters who passed Beginners (swizzles, gliding, beginning stroking)

Day	Time	Wks	ID	OD
Monday~	6:50-7:30 pm	11	\$101	\$121
Wednesday~	5:35-6:15 pm	11	\$101	\$121
Thursday~	4:30-5:10 pm	10	\$91	\$110
Saturday~	9:40-10:20 am	11	\$101	\$121

**ALPHA 1** (snowplow stop, forward stroking and crossovers)

Monday~	5:25-6:05 pm	11	\$101	\$121
Wednesday~	6:15-6:55 pm	11	\$101	\$121
Thursday*	4:30-5:10 pm	10	\$91	\$110
Saturday~	10:50-11:30 am	11	\$101	\$121

**ALPHA 2** (advanced snowplow stop, forward stroking and crossovers)

Monday~	6:50-7:30 pm	11	\$101	\$121
Wednesday~	6:15-6:55 pm	11	\$101	\$121
Thursday*	4:30-5:10 pm	10	\$91	\$110
Saturday~	10:50-11:30 am	11	\$101	\$121

**BETA 1** (t-stops, back stroking and backward crossovers)

Monday~	6:10-6:50 pm	11	\$101	\$121
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**BETA 2** (advanced t-stops, back stroking and backward crossovers)

Monday~	6:10-6:50 pm	11	\$101	\$121
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**BETA 1 & 2 Combined**

Thursday*	5:40-6:20 pm	10	\$91	\$110
Saturday~	10:50-11:30 am	11	\$101	\$121

**GAMMA** (outside 3-turns, mohawks and hockey stops)

Monday~	5:25-6:05 pm	11	\$101	\$121
Wednesday~	5:35-6:15 pm	11	\$101	\$121
Saturday~	11:30am-12:10pm	11	\$101	\$121

**DELTA** (edges, inside 3-turns, lunges and bunny hops)

Monday~	5:25-6:05 pm	11	\$101	\$121
Wednesday~	5:35-6:15 pm	11	\$101	\$121
Saturday~	11:30am-12:10pm	11	\$101	\$121

**Register Online!**  
 Enjoy the benefits of checking program availability, class descriptions and registering from home. Visit our website **fpice.com** to get started!

~Studio Arena \*Main Arena ^Party Room

847-671-4268 \* fpice.com

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## FREESTYLE CLASSES

*Student/Teacher Ratio for Freestyle levels ~ 10:1*

Day	Time	Wks	ID	OD
<b>FREESTYLE 1</b> ( <i>back edges, waltz &amp; 1/2 flip jumps, forward spiral and 2-foot spin for Delta graduates</i> )				
Monday*	5:25-6:05 pm	11	\$116	\$139
<b>FREESTYLE 2</b> ( <i>ballet, waltz combo jump, half lutz jumps, one foot spin, spirals and footwork</i> )				
Monday*	5:25-6:05 pm	11	\$116	\$139
<b>FREESTYLE 3</b> ( <i>salchow and toe loop, change foot spin, back spiral and pivot, and footwork</i> )				
Monday*	5:25-6:05 pm	11	\$116	\$139
<b>FREESTYLE 1 &amp; 2 COMBINED</b>				
Thursday*	4:30-5:10 pm	10	\$105	\$126
<b>FREESTYLE 4</b> ( <i>flip, loop, sit spin, back 3-turns, back spirals</i> )				
Monday*	5:25-6:05 pm	11	\$116	\$139
<b>FREESTYLE 3, 4 &amp; 5 COMBINED</b>				
Thursday*	4:30-5:10 pm	10	\$105	\$126
<b>FREESTYLE 5</b> ( <i>lutz, axel, camel, camel sit, back scratch, footwork</i> )				
Monday*	6:05-6:45 pm	11	\$116	\$139
<b>FREESTYLE 6 &amp; ABOVE</b> ( <i>split jump/falling leaf, double salchow, combo spin, layback, sit change spin, footwork</i> )				
Monday*	6:05-6:45 pm	11	\$116	\$139

## SPECIALTY CLASSES

### MOVES IN THE FIELD + FREESTYLE

This class will help skaters increase power and strength. The focus is on edge quality, power, extension, and quickness. Instructor: Lisa Menotti & Anne Raucci

Tuesday*	6:00-6:30 am	11	\$120	\$144
Freestyle	6:30-7:00 am		Included	

### ICE DANCING + FREESTYLE

For skaters Delta or above. This class will be an introduction to Ice Dance patterns. You will be preparing for your Ice Dancing tests. Ice Dancing is especially helpful to Synchro skaters, as these tests are required for high level teams. You will also improve the edge quality of all your turns & steps. Instructor: Jake Fearnley & Helen Schorse

Thursday*	6:00-6:30 am	10	\$109	\$131
Freestyle	6:30-7:00 am		Included	

### OFF ICE JUMP CLASS

For skaters Freestyle 5 & Above.

This class works well in combination with our on-ice freestyle classes. You will be doing off-ice drills to improve your jump technique. Focus will be on axels & double jumps.

Monday^	5:25-5:55 pm	11	\$85	\$105
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## SPECIALTY CLASSES CONTINUED...

### OFF-ICE PERFORMANCE/SELF DEFENSE

For ages 10 thru adult.

This class will provide participants with the muscle toning and strengthening skills needed to enhance their on-ice skating & flexibility. We will also be covering the basic self defense skills as part of your off-ice workout.

Instructor: Nico Osseland

Monday^	6:55-7:40 pm	11	\$92	\$110
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### SYNCHRO MOVES & POWER

For skaters tested Gamma or above. Further develop your synchronized skating skills with this moves skating class. Class focuses on moves patterns put in place by USFS. Open to all skaters.

Instructor: Dina Domino

Thursday*	5:10-5:40 pm	10	\$109	\$131
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### PERFORMANCE POWER - HIGH

For skaters FS 4 & above.

This class will focus on skating movements at a fast pace to help skaters improve their endurance & stamina.

Get ready for a challenging class that will improve your POWER on the ice! **No class November 1.**

Instructor: Jake Fearnley & Helen Schorse

Friday*	5:20-6:00 pm	10	\$109	\$131
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### AXEL CLASS

For skaters Freestyle 3 & Above.

Skaters will work on waltz loops, back scratch, axel preparation and axels.

Thursday*	5:40-6:10 pm	10	\$109	\$131
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### BOYS CLUB

This is a time for boys of all ages to come together and skate. Learn basic skills all the way through freestyle elements!

This class will be taught on the studio arena by our instructor, Nico Osseland.

Wednesday~	7:00-7:30 am	11	\$109	\$131
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~Studio Arena \*Main Arena ^Party Room

847-671-4268 \*fpice.com

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## MORE ABOUT OUR SKATING SCHOOL...

*Skating requires consistent practice!*

Students and parents are reminded that skating is a skill that requires practice in order to advance to the next level.

Students should plan to practice in addition to their weekly lesson. We also offer several *Let's Skate* Public Sessions throughout the week at a reasonable price. In addition, students may choose to augment their lesson with a freestyle session. There are several half hour weekday freestyle sessions for students Gamma and below who are working with a private instructor. For our more advanced skaters, freestyle ice is available six days a week. Please see our Freestyle Supervisor, front counter staff or website for a schedule of available times.

As a guide, students should practice weekly in addition to their lesson on the following scale:

Tots, Beginners, Pre-Alpha	1 to 1-1/2 hours
Alpha/Beta/Gamma/Delta	1-1/2 to 2 hours
Freestyle 1-4	2 to 3-1/2 hours
Freestyle 5 and above	3-1/2 to 6 hours

FREE Skating School Practices open only to students in Session 1. <b>Only registered students are allowed on the ice. Parents are not allowed on the ice.</b>		
Monday	Gamma, Delta, Freestyle & Adults	2:30-3:15 pm*
	Tots-Delta	4:45-5:25 pm~
Tuesday	Tots	9:00-9:30 am~
Wednesday	Tots	12:15-12:45 pm~
	All levels	2:30-3:15 pm*
	Tots, Beginners & Pre-Alpha	4:00-4:30 pm~
	Alpha & above	4:30-5:00 pm~
Thursday	Tots-Alpha	4:00-4:30 pm~
Saturday	Tots & Beginners through Adults	7:45-8:45 am~
~Studio Arena *Main Arena		

## PRIVATE LESSONS

We offer private lessons for skaters at any level. Our professional coaches can help your skater achieve their goals. Would you like more information? Pick up a Private Lesson flyer at the ice arena or download one from our website [fpice.com](http://fpice.com).

## FALL TESTING PROCEDURE

Panel testing will be conducted on November 6 for students in the Alpha 2-Freestyle levels. Skaters will be recommended to test by their group lesson instructor based on their progress in the class. All students not recommended for testing will receive a Progress Report. Panel testing will ensure consistency of the passing standard throughout the entire Skating School.

When a skater is recommended, they will attend the test session on **Wednesday, November 6** with a panel of coaches that will evaluate their skills to determine if they are ready to move to the next level.

***Due to testing, there will be no Freestyle ice that day 4:30-6 p.m.***

### Franklin Park Fusion Skating Club

Become a Member of our nationally ranked team!

Only \$35/season.

Fusion Skating Club members can participate in an extra number in our Holiday Recital!



### Park District of Franklin Park Ice Arena

9711 Waveland Avenue

Franklin Park, Illinois 60131

Telephone: 847-671-4268 / Fax: 847-671-4755

**Contact: Skate School Director Anne Raucci**  
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[www.fpice.com](http://www.fpice.com)