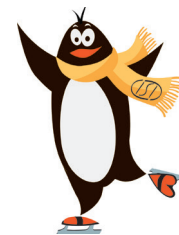


Franklin Park Ice Arena



Spring 2019 Program Schedule



About our Spring 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 spring session is 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

Spring Ice Show 2019

It's the highlight of the season!

May 17 @ 7pm

May 18 @ 6pm

May 19 @ 2pm

If you haven't seen one of our annual shows, you've been missing out! Mark your calendars for the weekend of May 17, 18 & 19 and be sure to come check out the students of our Skating School performing jumps, spins and choreographed routines on ice.

Admission \$8 for Ages 4 & Up

Let's Skate Public Session Schedule

Monday	12:00-2:00pm
Tuesday	11:00am-1:00pm
Wednesday	7:20-8:50pm*
Thursday	11:00am-1:00pm
Saturday	2:00-3:30pm & 8:20-9:50pm
Sunday	2:00-3:30pm

Admission \$6 / Skate Rental \$3

***The 2nd & 4th Wednesday of every month is DJ SK8
thru the month of April!**

Wednesday sessions end May 1st

Session 3: February 25 - May 11

Session 3 is 11 Weeks

Take a few minutes to review the skating school schedule and find the classes appropriate for your age and ability. A complete schedule of classes offered are on pages 2 and 3.

Don't delay...Registration begins soon!

In District: February 12

Out of District: February 13

Daily Office Hours:

Monday thru Friday, 9am-8pm

Saturday 8am-10pm & Sunday 8am-8pm



It's easy to register!

We offer the convenience of registering online or in person!

Questions? Contact our Skate School Director

Anne Raucci, araucci@fpparks.org

847-671-4268, ext 215

Spring Ice Show May 17, 18 & 19



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
Tot 1 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	11	\$76	\$91
Thursday~	5:10-5:40 pm	11	\$76	\$91
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	11	\$85	\$103
Thursday~	5:10-5:40 pm	11	\$85	\$103
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	11	\$85	\$103
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	11	\$95	\$114
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
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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	11	\$101	\$121
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	11	\$101	\$121
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	11	\$101	\$121
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	11	\$101	\$121
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

Registration 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

FREESTYLE CLASSES

Student/Teacher Ratio for Freestyle levels ~ 10:1

Day	Time	Wks	ID	OD
FREESTYLE 1 (<i>back edges, waltz & 1/2 flip jumps, forward spiral and 2-foot spin for Delta graduates</i>)				
Monday*	5:25-6:05 pm	11	\$116	\$139
FREESTYLE 2 (<i>ballet, waltz combo jump, half lutz jumps, one foot spin, spirals and footwork</i>)				
Monday*	5:25-6:05 pm	11	\$116	\$139
FREESTYLE 3 (<i>salchow and toe loop, change foot spin, back spiral and pivot, and footwork</i>)				
Monday*	5:25-6:05 pm	11	\$116	\$139
FREESTYLE 1 & 2 COMBINED				
Thursday*	4:30-5:10 pm	11	\$116	\$139
FREESTYLE 4 (<i>flip, loop, sit spin, back 3-turns, back spirals</i>)				
Monday*	5:25-6:05 pm	11	\$116	\$139
FREESTYLE 3, 4 & 5 COMBINED				
Thursday*	4:30-5:10 pm	11	\$116	\$139
FREESTYLE 5 (<i>lutz, axel, camel, camel sit, back scratch, footwork</i>)				
Monday*	6:05-6:45 pm	11	\$116	\$139
HIGH FREESTYLE 5 (<i>for students who have been in the FS5 class more than two times</i>)				
Monday*	6:05-6:45 pm	11	\$116	\$139
FREESTYLE 6 & ABOVE (<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: Maura Drew & Lisa Menotti

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.

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

OFF-ICE JUMP CLASS

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. Instructor: Joey Moore

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.

Instructor: Dina Domino

Thursday*	5:10-5:40 pm	11	\$120	\$144
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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!

Instructor: Maura Drew

Friday*	5:20-6:00 pm	11	\$120	\$144
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AXEL CLASS

For skaters Freestyle 3 & Above.

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

Register early! Class size is limited.

Instructor: Maura Drew

Thursday~	5:40-6:20 pm	11	\$109	\$131
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LACE (LEARNING AND CULTIVATING EDUCATION)

Student Teacher Training Program

Students must be in high school and passed ISI tested FS4 to participate! The Franklin Park Ice Arena is excited to offer a student teacher training program designed to introduce skaters into the world of teaching. This program will be limited to ten skaters only to allow for a more personalized assessment of the students progress.

Level 3: FS1-FS4. Instructor: Maura Drew

Wednesday^	6:10-6:55 pm	11	\$92	\$110
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~Studio Arena *Main Arena ^Party Room

847-671-4268 *fpice.com

page 3

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 five 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 3. Only registered students are allowed on the ice and must check in at the front desk.		
Monday	Gamma, Delta, Freestyle & Adults Tots-Delta	2:30-3:15 pm* 4:45-5:25 pm~
Tuesday	Tots	9:00-9:30 am~
Wednesday	Tots All levels Tots, Beginners & Pre-Alpha Alpha & above	12:15-12:45 pm~ 2:30-3:15 pm* 4:00-4:30 pm~ 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.

SPRING TESTING PROCEDURE

Panel testing will be conducted on April 24 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, April 24** 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.

Interested in becoming a member of one of our Starr Blades Teams? Try it out during our FREE Starr Blades Synchronized Skating Clinic Series!

Clinics for Synchro Skills 1

Thursday, Feb 28, 6:30-7:30pm

Thursday, March 14, 6:30-7:00pm

Tryouts, Thursday, Mar 21, 6:30-7:30pm

Clinics for Synchro Skills 2/3

Thursday, March 7, 6:30-7:30pm

Thursday, March 14, 7:00-7:30pm

Tryouts, Saturday, March 23, TBD Time

Clinics for Pre-Juvenile

Saturday, March 9 & 16, TBD Time

Tryouts, Saturday, March 30, TBD Time

Look for more specific details to come in February!

Park District of Franklin Park Ice Arena

9711 Waveland Avenue

Franklin Park, Illinois 60131

Telephone: 847-671-4268

Fax: 847-671-4755

fpice.com

