

# Franklin Park Ice Arena



## Winter 2018-19 Program Schedule



### About our Winter 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 winter 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**

Don't miss out on your chance to shine in our annual Spring Ice Show! Registration for the show begins December 17. Students participating in Sessions 2 & 3 of lessons are eligible to participate.

The Spring Ice Show brochure will be available two weeks prior to registration.

### Let's Skate Public Session Schedule

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

**Admission \$6 / Skate Rental \$3**

*\*The 2nd & 4th Wednesday of every month is DJ SK8!*

*\*\*Look for some additional public sessions to be added over the holiday break!*

### *Session 2:*

***November 26 - February 23***

**Session 2 is 11 Weeks**

**Holiday Break: Dec 24 - Jan 5**

*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: November 13**

**Out of District: November 14**

**Daily Office Hours:**

**Monday thru Friday, 9am-8pm**

**Saturday 8am-10pm & Sunday 8am-7pm**



***It's easy to register!***

*We offer the convenience of registering online or in person!*

# Holiday Break (no classes) Dec 24-Jan 5



**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	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
<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	11	\$116	\$139
<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	11	\$116	\$139
<b>FREESTYLE 5</b> ( <i>lutz, axel, camel, camel sit, back scratch, footwork</i> )				
Monday*	6:05-6:45 pm	11	\$116	\$139
<b>HIGH FREESTYLE 5</b> ( <i>for students who have been in the FS5 class more than two times</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: 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. Instructor: Ellen Mills & Jake Fearnley

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 CLASS

For skaters tested FS 1 or above.

This class will provide our Freestyle skaters with the muscle toning and strengthening skills needed to enhance their on-ice skating skills. Focus will also be on stretching and flexibility.

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.

Instructor: Maura Drew

Thursday~	5:40-6:10 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 1 & 2: Tot-FS1

Instructor: Maura Drew

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

## 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 2. <b>Only registered students are allowed on the ice and must check in at the front desk.</b>		
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](http://fpice.com).

## WINTER TESTING PROCEDURE

Panel testing will be conducted on February 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, February 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 Spring Ice Show!



### Park District of Franklin Park Ice Arena

9711 Waveland Avenue  
Franklin Park, Illinois 60131  
Telephone: 847-671-4268  
Fax: 847-671-4755

[fpice.com](http://fpice.com)

