

AAFSC SUMMER ICE 2014

Description of Off-Ice Classes & Group On-Ice Classes

POWER STROKING: (Mondays 11:35am to 12:05pm - taught by Nicole Falardeau) This class will work on edge quality, flow and quickness, while helping skaters gain strength and power. Stroking is for ALL levels and the price includes instruction.

PILATES/CONDITIONING: (Mondays 12:15 – 1:15pm) This conditioning class draws from elements of Pilates, yoga, dance and agility training to maximize core strength and precision of movement for skaters. Geared towards ages 11 and up, this is a fast-paced, high-energy class that is an excellent companion to the summer training season. Taught by Kyra Hauck from MOVE.

Kyra Hauck is from Bloomfield Hills, Michigan. Kyra began dancing at age 2 and started figure skating at age 5. Skating competitively for 12 years she eventually ended her competitive skating career competing at the Senior level. Her dance training includes Eisenhower Dance Ensemble and the University of Michigan. Kyra is in her senior year of undergraduate study, pursuing degrees in Romance Languages and a combined Dance and World Literature major. She is a current performing member of People Dancing in Ann Arbor.

SKILLS 4 SUCCESS: (Mondays thru Thursdays 4:05 – 4:50pm STADIUM rink)
REQUIREMENT: Novice Moves in the Field or higher. This class is designed to cover the skating skills that our athletes need to be successful in IJS competition. In addition to working on jumps, spins, field moves, and dance patterns, it is important for skaters to be well versed in the fundamentals of skating technique as well as connecting steps and moves needed for competition. **It is necessary for synchronized skaters competing in IJS levels to complete this course and highly recommended for skaters in other disciplines as well.** Skaters are encouraged to attend all the classes each week to create successful habits to incorporate in their practice and prepare them for competition. Throughout the summer, skaters' attendance, progress, skill development, power, and competitive habits will be tracked and charted and certificates will be awarded for skaters' achievement. This course is designed as a SUPPLEMENT to the skater's regular training regimen.

POWER STROKING: (Thursdays 11:35am to 12:05pm - taught by members of AAFSC Professional Staff) This class will work on edge quality, flow and quickness, while helping skaters gain strength and power. It is also designed to increase a skater's speed, power and endurance. Stroking is for ALL levels and the price includes instruction.

PILATES: (Thursdays 6:15 – 7:15pm) This class draws from the Pilates system of exercises that condition the total body. We will blend strength and flexibility training to improve core strength, posture, body awareness and overall fitness level. Taught by Melissa Krienke from MOVE.

Melissa Krienke is trained in STOTT Pilates and is a dance major at University of Iowa. She brings over 15 years of dance training to her Pilates instruction.

SUMMER 2014 ICE SCHEDULE/CONTRACT HIGHLIGHTS

- (1) Contracts may be submitted weekly, at least one week prior to the Monday of the first day of the contracted week. (*Example: Contract that starts with Wednesday July 16th must be submitted and paid by Monday July 7th*)
- (2) Contracted sessions are \$14/session or \$9 (11:05 - 11:35am sessions on Monday & Thursday). Contracting for two or more sessions in a single day will reduce this rate down to \$12 for each session. AAFSC Off-Ice sessions are included. (*PLEASE NOTE: \$9 sessions can be included in the computation, but will NOT reduce in price*).
- (3) Skaters contracting for five (5) or more sessions (*includes AAFSC off-ice*) in a week are eligible for discounts of up to 36% off the contracted price. See the AAFSC 2014 Summer Skating and Off Ice Schedule for exact amounts.
- (4) **"SKILLS 4 SUCCESS"** - This class will be offered Monday thru Thursday 4:05 -4:50pm in the STADIUM rink. Skaters must have completed (or are actively pursuing) Novice Moves In The Field. "SKILLS" is \$50/week when contracting for a full week or \$16/class (*contract or sign-on*).
- (5) **ADULT ONLY (age 21+)** - Mondays 6:15 -7:05pm (*STADIUM rink*). Approximately ¼ of the ice will be used for Therapeutic Skating. The remainder of the rink allows ADULT skaters "kid-free" ice on which to practice or take lessons. Adult skaters from the AAFSC LTS program are encouraged to practice or arrange for private lessons to help hone your abilities outside of your Tuesday or Thursday class.
- (6) **ADULT SKATING PARTY (age 21+)** – Monday June 30th 6:15-7:05pm (*STADIUM rink*). This night there is NO Therapeutic Skating – Adults have the entire rink!! Truly – "KID-FREE" Ice !! There will refreshments (wine/cheese) served afterwards. The previous Adult Skating Parties have been "a lotta fun". Hope to see you there! PLEASE SIGN UP IN THE AAFSC OFFICE. \$25/skater. Guests Welcome.
- (7) **SUMMER CHILL Skating Exhibition** – Tuesday August 19th 7:15 – 8:05pm. Sign up now (*AAFSC OFFICE*) to show "everyone" what you learned to do over the summer! If you are not skating – come watch.
- (8) **GUEST SKATERS** – Guest skaters are welcome (no additional fees) on ALL AAFSC Summer Club sessions. Must be current (2014-2015) USFS members. Please check in at AAFSC office before skating for first time.