

Eden Prairie Figure Skating Club

Summer 2017 Ice Schedule

June 12-August 25 11 weeks

Additions to Summer Ice Schedule

15 Minute Power Class \$7.00 (Rotating Coaches)

This class is leveled and does not count toward a skaters 2 session minimum.

Low Power - Pre-Preliminary through Juvenile moves in the field. The skater must have passed their pre-preliminary moves test, but not their juvenile moves. This class is for the young developing skater to gain; power, endurance, posture and confidence in their edges

High Power - Juvenile moves in the field through senior moves in the field. This class is for the skater who wants to continue to develop; power, endurance, strength of edge quality and arm placement.

Off-Ice Conditioning Class (Instructor: Renee Rahimi)

Tuesday from 1pm to 1:45pm in a studio at the EPCC

This class does not count toward skater's 2 session minimum.

Off-ice instruction with elements from the sk8strong and S.T.A.R.S program.

Notes:

1. Skaters must meet their minimum contracting requirements each month (June, July and August) in order to remain in good standing with the club
2. Please note the summer contract changes three times; please note session time changes and dates
3. NO Club ice Friday June 23rd, Tuesday July 4th, and Friday August 4th

Policies:

- (1) All sessions (except Junior Club/Spins and Barre/Power Class) have a limit of 22 skaters
- (2) Junior Club/Spins skater to coach ratio will be 6:1 maximum.
- (3) There are no exchanges (make-ups) for missed Junior Club/Spins, Power and Barre Class

Competitions:

June 10 June Bug Competition in St Paul

June 23-24 Braemar Competition in Edina

July 14-16 Skate St. Paul in St. Paul

August 4-6 Robin Lee in Minneapolis

August 24-26 Minnesota State Competition in Woodbury at Bielenberg Sports Center

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REVISED 5/6/17

	<u>Session</u>	<u>June 12-June 30</u>	<u>Session</u>	<u>July 3-28</u>	<u>Session</u>	<u>July 31-August 25</u>
Monday	#1A	7:30 - 8:15 am Open	#1B	7:30 - 8:15 am Open	#1C	7:30-8:15 am Open
		8:15 - 9:00 am		8:15 - 9:00 am		8:15 - 9:00 am
	#2A	PreJuv + Free resurface	#2B	PreJuv + Free resurface	#2C	PreJuv + Free resurface
		9:15 -10:00 am		9:15 -10:00 am		9:15-10:00 am
	#3A	Open	#3B	Open	#3C	Open
		10:00 -10:45 am		10:00 -10:45 am		10:00-10:45 am
	#4A	Open	#4B	Open	#4C	Open
		9:30 -10:15 am		9:30 -10:15 am		9:30 -10:15 am
Tuesday	#5A	PreJuv + Free	#5B	PreJuv + Free	#5C	PreJuv + Free
		10:15 - 10:30 am		10:15 - 10:30 am		10:15 - 10:30 am
	#6A	High Power Class	#6B	High Power Class	#6C	High Power Class
		10:30 -11:15 am Open resurface	#7B	10:30 -11:15 am Open resurface	#7C	Open resurface
		11:30 -12:15 pm		11:30 -12:15 pm		11:30 -12:15 pm
	#8A	Open	#8B	Open	#8C	Open
		12:15 -1:00 pm		12:15 -1:00 pm		12:15 -1:00 pm
	#9A	Open	#9B	Open	#9C	Open
		5:00-5:45 pm		6:30-7:00 pm		5:00-5:45 pm
	#10A	Open	#10B Jr. Club/Spin	Jr. Club/Spins	#10C	Open
	#11A Jr. Club/Spin	5:45-6:15 pm Jr. Club/Spins	#11B	7:00-7:45 pm Open	#11C Jr. Club/Spin	5:45-6:15 pm Jr. Club/Spins
	9:30 - 10:15 am		9:30 - 10:15 am		9:30 - 10:15 am	
Wednesday	#12A	Open	#12B	Open	#12C	Open
		10:15 - 11:00 am		10:15 - 11:00 am		10:15 - 11:00 am
	#13A	PreJuv + Free resurface	#13B	PreJuv + Free resurface	#13C	PreJuv + Free resurface
		11:15-12:00 pm		11:15-12:00 pm		11:15-12:00 pm
	#14A	Open	#14B	Open	#14C	Open
		12:00 - 12:15 pm		12:00 - 12:15 pm		12:00 - 12:15 pm
	#15A	Low Power Class	#15B	Low Power Class	#15C	Low Power Class
		12:15 -1:00 pm		12:15 -1:00 pm		12:15 -1:00 pm
#16A	Open	#16B	Open	#16C	Open	
	9:30 -10:15 am		9:30 -10:15 am		9:30 -10:15 am	
Thursday	#17A	PreJuv + Free	#17B	PreJuv + Free	#17C	PreJuv + Free
		10:15 - 11:00 am		10:15 - 11:00 am		10:15 - 11:00 am
	#18A	Open resurface	#18B	Open resurface	#18C	Open resurface
		11:15 -12:00 pm		11:15 -12:00 pm		11:15 -12:00 pm
	#19A	Open	#19B	Open	#19C	Open
		12:00 pm - 12:45 pm		12:00 pm - 12:45 pm		12:00 pm - 12:45 pm
#20A	Open	#20B	Open	#20C	Open	
	7:30-8:15 am		7:30-8:15 am		7:30-8:15 am	
Friday	#21A	7:30-8:15 am Open	#21B	7:30-8:15 am Open	#21C	Open
		8:15-9:00 am		8:15-9:00 am		8:15-9:00 am
	#22A	Open resurface	#22B	Open resurface	#22C	Open resurface
		9:15-10:00 am		9:15-10:00 am		9:15-10:00 am
	#23A	Open	#23B	Open	#23C	Open
		10:00-10:45 am		10:00-10:45 am		10:00-10:45 am
	#24A	Open	#24B	Open	#24C	Open