

# Summer Skate School

June 5 - August 11, 2017

**NELSON CENTER (1601 N. 5TH STREET - SPRINGFIELD, IL 62702)**

*For more information please call (217) 753-2800. (Class dates & times are tentative.)*

## INTRO. TO SPINS (^Drop-In)

Our Introduction to Spins Class will teach 2-Foot, 1-Foot and Scratch Spins.

**Date:** June 5 - August 7, 2017  
**No Class:** *June 26, July, 10, 17*  
**Day(s):** Monday(s)  
**Time(s):** 11:30am to 12:00pm  
**Instructor(s):** Courtney

## INTRO. MOVES-N-FIELD (^Drop-In)

Our Introduction to Moves In the Field Class will go over; basic turns, edges, footwork skated patterns using the full ice surface.

**Date:** June 5 - August 7, 2017  
**No Class:** *July 10 & 17*  
**Day(s):** Monday(s)  
**Time(s):** 2:15pm to 2:45pm  
**Instructor(s):** Bailey

## INTRO. TO FIGURES (^Drop-In)

Our Introduction To Figures Class emphasizes on body control and edges/turns. Each skill requires great concentration and discipline.

**Date:** June 5 - August 7, 2017  
**No Class:** *June 26, July, 10, 17*  
**Day(s):** Monday(s)  
**Time(s):** 5:45am to 6:15am  
**Instructor(s):** Ginnie

## LOW SPINS (^Drop-In)

To be eligible for our Low Spins Class you must be able to do a 2-Foot Spin, 1-Foot Spin and minimum of 3 revolution Front Scratch Spin from a Back Crossover Entry.

**Date:** June 7 - August 9, 2017  
**No Class:** *June 28, July 12 & 19*  
**Day(s):** Wednesday(s)  
**Time(s):** 9:15am to 9:45am  
**Instructor(s):** McKinzie

## LOW STROKING (^Drop-In)

To be eligible for our Low Stroking Class you must be in Basic 6 and have not passed any U.F.S.S Free Style tests.

**Date:** June 7 - August 9, 2017  
**No Class:** *July 14 & 21*  
**Day(s):** Wednesday(s)  
**Time(s):** 11:45am to 12:15pm (W)  
 4:00pm to 4:30pm (W)  
**Instructor(s):** Courtney & Barbie

## LOW JUMPS (^Drop-In)

To be eligible for our Low Jumps Class you must be able to do a 2-Foot Hop and Bunny Hop.

**Date:** June 7 - August 9, 2017  
**No Class:** *July 12 & 19*  
**Day(s):** Wednesday(s)  
**Time(s):** 5:00pm to 5:30pm  
**Instructor(s):** Barbie

## INTERMEDIATE SPINS (^Drop-In)

To be eligible for our Intermediate Spins Class you must be able to complete all Basic Spin positions, front and back.

**Date:** June 7 - August 9, 2017  
**No Class:** *June 28, July 12 & 19*  
**Day(s):** Wednesday(s)  
**Time(s):** 9:15am to 9:45am  
**Instructor(s):** Courtney

## INTERMEDIATE STROKING (^Drop-In)

To be eligible for Intermediate Stroking Class you must have passed Pre-preliminary or Preliminary Free Style test.

**Date:** June 5 - August 7, 2017  
**No Class:** *June 26, July, 10, 17*  
**Day(s):** Monday(s)  
**Time(s):** 9:15am to 9:45am  
**Instructor(s):** Toni

## EDGES (^Drop-In)

Our Edges Class focuses on skating skills and proper edge usage. Must have passed preliminary Moves in the Field test.

**Date:** June 9 - August 11, 2017  
**No Class:** *July 14 & 21*  
**Day(s):** Friday(s)  
**Time(s):** 11:45am to 12:15pm  
**Instructor(s):** Courtney

## HIGH SPINS (^Drop-In)

To be eligible for our High Spins Class you must be able to complete Combination Spins, Change Foot Spins and Flying Spins moving towards IJS levels and requirements.

**Date:** June 7 - August 9, 2017  
**No Class:** *June 28, July 12 & 19*  
**Day(s):** Wednesday(s)  
**Time(s):** 9:15am to 9:45am  
**Instructor(s):** Susan

## HIGH STROKING (^Drop-In)

To be eligible for High Stroking Class you must have passed Pre-Juvenile Free Style test.

**Date:** June 6 - August 10, 2017  
**No Class:** *June, 27, 29*  
*July 11, 13, 18, 20*  
**Day(s):** Tuesday(s) or Thursday(s)  
**Time(s):** 9:15am to 9:45am  
**Instructor(s):** Jenn (Tu.) / Susan (Th.)

## MOTION ON ICE (\*Drop-In)

Motion On Ice was formally known as our Theatre On Ice. To be eligible you must be at Basic 8 or above.

**Date:** June 7 - August 9, 2017  
**No Class:** *July 12 & 19*  
**Day(s):** Wednesday(s)  
**Time(s):** 5:30pm to 6:15pm (45 min.)  
**Instructor(s):** Missy

## PROGRAM PRACTICE "NEW" (^Drop-In)

Skaters will receive 6 minute warm-up and then all will clear the ice. Skaters will draw skating order prior to warm-up. Skate your programs, 1 at a time, with nobody else on the ice. In the event there are more than 6 skaters there will be 2 warm-up groups. If time allows, skaters may have the opportunity to skate their program again, by drawing for order, until time has ended.

**Date:** June 16 - August 11, 2017  
**No Class:** *June 23, July 7, Aug. 4*  
**Day(s):** Friday(s)  
**Time(s):** 2:15pm to 3:00pm  
**Instructor(s):** N/A  
**Maximum #:** 12 Skaters (1st come, 1st serve)

## HOCKEY POWER SKATE "NEW" (^Drop-In)

Our objective is to make each player better at the game of hockey by improving their skating skills. This class can help to increase skating strength, power, speed, agility, and/or endurance. Each class will concentrate on specific areas such as; proper body position, better edge control, power, speed, and body conditioning. Our goal is to try and challenge each player within an exciting and fast paced group atmosphere.

**REQUIREMENT:** MUST HAVE BEEN IN THE 2016/2017 MINI-MITE OR MITE PROGRAM.

**Date:** June 16 - August 11, 2017  
**Level:** Mini-Mite / Mite  
**No Class:** *July 14 & 21*  
**Day(s):** Friday(s)  
**Time(s):** 5:45pm to 6:30pm  
**Instructor(s):** Jenn

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## COST

### **\*Motion On Ice Drop-In Fee:**

\$9.00 (Resident) / \$10.00 (Non-Resident)

### **^Other Drop-In Class Fee(s):**

\$8.00 (Resident) / \$ 9.00 (Non-Resident)



## RULES & REGULATIONS

1. Maximum of 22 skaters per session. Priority; Class, Lesson, then First Come - First Serve. (Excluding Program Practice)
2. Music will be played 5 minutes into a session. No stopping and re-starting music. No preferential treatment will be given for music playing.
3. Music will be played in the order they are received. A double run through is only allowed 2 weeks prior to a competition or test session.
4. Skater in a program or lesson have the right of way.
5. No Dance or Pairs on any Free Style session unless indicated by Management.
6. Respect instructors, parents, employees, patrons and other skaters.
7. Eating, drinking or chewing gum is not allowed on the ice.
8. MOTION ON ICE music will be given preference during it's designated session.
9. Instructor(s) have the right to move students up or down a class(es) depending on the student's skill level, after notifying Management.

**THE**  
**nelson**  
**CENTER**

*Life's cooler here*