



FIGURE SKATING

AT THE NELSON CENTER

JUNE 4
★ THROUGH ★
AUGUST 10

MONDAYS
5:45-6:15AM
INTRODUCTIONS TO FIGURES
BODY CONTROL & EDGES AND TURNS

9:15-9:45AM
INTERMEDIATE STROKING
MUST PASS PRE-PRELIMINARY OR PRELIMINARY FREE STYLE TEST

11:30AM-12:00PM
INTRODUCTIONS TO SPINS
2-FOOT, 1-FOOT AND SCRATCH SPINS

2:15-2:45PM
INTRO TO MOVES IN THE FIELD
BASIC TURNS, EDGES, FOOTWORK SKATED PATTERNS USING THE FULL ICE SURFACE

TUESDAYS AND THURSDAYS
9:15-9:45AM
HIGH STROKING
MUST PASS PRE-JUVENILE FREE STYLE TEST

WEDNESDAYS
9:15-9:45AM
LOW SPINS
MUST BE ABLE TO DO A 2-FOOT SPIN, 1-FOOT SPIN & MINIMUM OF 3 REVOLUTION FRONT SCRATCH SPIN FROM A BACK CROSSOVER ENTRY

INTERMEDIATE SPINS
MUST BE ABLE TO COMPLETE ALL BASIC SPIN POSITIONS, FRONT & BACK

HIGH SPINS
MUST BE ABLE TO COMPLETE COMBINATION SPINS, CHANGE FOOT SPINS & FLYING SPINS MOVING TOWARD IJS LEVELS AND REQUIREMENTS

WEDNESDAYS (CONT.)
11:45AM-12:15PM
LOW STROKING
MUST BE IN BASIC 6 & HAVE NOT PASSED ANY U.F.S.S. FREE STYLE TESTS

5:00-5:30PM
LOW JUMPS
MUST BE ABLE TO DO A 2-FOOT HOP & BUNNY HOP

FRIDAYS
11:45AM-12:15PM
EDGES
SKATING SKILLS & PROPER EDGE USAGE. MUST HAVE PASSED PRELIMINARY MOVES IN THE FIELD TEST

AGES 3 AND UP
\$8/RESIDENT
\$9/NON-RESIDENT

CALL 217-753-2800
FOR MORE INFO OR TO SIGN UP.

THE nelson CENTER
Life's cooler here