

# Franklin Park Ice Arena



## Spring 2021 Program Schedule



### Session 3:

**March 22 - May 22, 2021**

**Session 3 is 8 Weeks**

***No Classes Ice Show Week:***

***May 10-15***

Don't delay...Registration begins soon!

**In District: March 2**

**Out of District: March 3**

### Registration Options:

**Register online at [fpice.com](http://fpice.com)!**

**In-person registration hours:**

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

**Sat & Sun - 8am-5pm**

### ***Please help us maintain a safe and clean facility by adhering to our procedures:***

\*Face coverings must be worn by all patrons in the building, over the age of 2 and medically able to. Current Illinois guidelines state that skaters must continue to wear their face coverings while on the ice.

\*To help us limit the number of people in our facility at any given time, only ONE parent or guardian designated to assist with skates on and skates off should enter the building with their skater. **If your skater is 9 years or older, we ask that you exit the building after assisting with skates on and return when class is over.** Any time you are inside the building, please maintain social distancing while in spectator areas.

\*You and/or your skater must stop at our check-in station at the front desk to confirm your daily health screen before proceeding thru the lobby.

\*All skaters are to enter the facility dressed and ready to skate, arriving no more than 15 minutes prior to class time.

\*Any warming up/stretching must take place outside, before entering.

\*Enter and exit the facility through specified entry and exit doors and utilize the hand sanitizer provided throughout.

\*Follow the designated traffic pattern in the facility and maintain social distancing while in the facility.

\*Drinking fountains will not be available. Please bring a labeled water bottle or water/beverages can be purchased from our vending machines.

\*These guidelines may change or be added to leading up to the start of or during the session. We will continue to communicate any updates with you via email. Please confirm we have a valid email address for your family.



**Don't forget!**

**Take your self-assessment every day.**



Thank you for completing your daily health assessment before coming to the Ice Arena and for wearing your face covering at all times while in the facility.

# Spring Into Skating Fun at the FPIA!

**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

**Tot 1** beginners ages 3-5 (balancing & marching)

Day	Time	Wks	ID/OD
Wednesday~	2:50-3:20 pm	8	\$70
Wednesday~	5:05-5:35 pm	8	\$70
Thursday~	4:30-5:00 pm	8	\$70
Thursday~	5:10-5:40 pm	8	\$70
Saturday~	10:20-10:50 am	8	\$70

**Tot 2** for Tot 1 graduates (gliding, marching)

			ID	OD
Wednesday~	2:50-3:20 pm	8	\$70	\$82
Wednesday~	5:05-5:35 pm	8	\$70	\$82
Thursday~	4:30-5:00 pm	8	\$70	\$82
Thursday~	5:10-5:40 pm	8	\$70	\$82
Saturday~	10:20-10:50 am	8	\$70	\$82

**Tot 3 & 4** (Tot 3: dip, wiggle, back swizzle, beginning stroking, stops Tot 4: swizzles, stroking, beginning crossovers)

Wednesday~	2:50-3:20 pm	8	\$70	\$82
Wednesday~	5:05-5:35 pm	8	\$70	\$82
Thursday~	5:10-5:40 pm	8	\$70	\$82
Saturday~	10:20-10:50 am	8	\$70	\$82

## 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".

			ID/OD
Monday~	6:10-6:50 pm	8	\$80
Wednesday~	6:15-6:55 pm	8	\$80
Thursday*	5:40-6:20 pm	8	\$80
Saturday~	9:40-10:20 am	8	\$80
Saturday~	11:30 am-12:10 pm	8	\$80



## Register Online !

Enjoy the benefits of checking program availability, class descriptions and registering from home. Visit our website **fpice.com** to get started!



## 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	8	\$80	\$92
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**TEEN/ADULT: Level 2 Intermediate** (3-turns, spins and jumps)

Saturday~	9:00-9:40 am	8	\$80	\$92
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**TEEN/ADULT: Level 1 & 2 Combined**

Wednesday*	3:20-4:00 pm	8	\$80	\$92
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## Student/Teacher Ratio for Beginner and above ~ 6:1

**PRE-ALPHA** for skaters who passed Beginners (swizzles, gliding, beginning stroking)

Day	Time	Wks	ID	OD
Monday~	6:50-7:30 pm	8	\$80	\$92
Wednesday~	5:35-6:15 pm	8	\$80	\$92
Thursday~	4:30-5:10 pm	8	\$80	\$92
Saturday~	9:40-10:20 am	8	\$80	\$92

**ALPHA 1** (snowplow stop, forward stroking and crossovers)

Monday~	5:25-6:05 pm	8	\$80	\$92
Wednesday~	6:15-6:55 pm	8	\$80	\$92
Thursday*	4:30-5:10 pm	8	\$80	\$92
Saturday~	10:50-11:30 am	8	\$80	\$92

**ALPHA 2** (advanced snowplow stop, forward stroking and crossovers)

Monday~	6:50-7:30 pm	8	\$80	\$92
Wednesday~	6:15-6:55 pm	8	\$80	\$92
Thursday*	4:30-5:10 pm	8	\$80	\$92
Saturday~	10:50-11:30 am	8	\$80	\$92

**BETA 1** (t-stops, back stroking and backward crossovers)

Monday~	6:10-6:50 pm	8	\$80	\$92
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**BETA 2** (advanced t-stops, back stroking and backward crossovers)

Monday~	6:10-6:50 pm	8	\$80	\$92
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**BETA 1 & 2 Combined**

Thursday*	5:40-6:20 pm	8	\$80	\$92
Saturday~	10:50-11:30 am	8	\$80	\$92

**GAMMA** (outside 3-turns, mohawks and hockey stops)

Monday~	5:25-6:05 pm	8	\$80	\$92
Wednesday~	5:35-6:15 pm	8	\$80	\$92
Saturday~	11:30am-12:10pm	8	\$80	\$92

**DELTA** (edges, inside 3-turns, lunges and bunny hops)

Monday~	5:25-6:05 pm	8	\$80	\$92
Wednesday~	5:35-6:15 pm	8	\$80	\$92
Saturday~	11:30am-12:10pm	8	\$80	\$92

~Studio Arena \*Main Arena ^Party Room

847-671-4268 \* fpice.com

## FREESTYLE CLASSES

*Student/Teacher Ratio for Freestyle levels ~ 6:1*

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	8	\$88	\$104
<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	8	\$88	\$104
<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	8	\$88	\$104
<b>FREESTYLE 1, 2 &amp; 3 COMBINED</b>				
Thursday*	4:30-5:10 pm	8	\$88	\$104
<b>FREESTYLE 4</b> ( <i>flip, loop, sit spin, back 3-turns, back spirals</i> )				
Monday*	5:25-6:05 pm	8	\$88	\$104
<b>FREESTYLE 4 &amp; UP COMBINED</b>				
Thursday*	4:30-5:10 pm	8	\$88	\$104
<b>FREESTYLE 5</b> ( <i>lutz, axel, camel, camel sit, back scratch, foot-work</i> )				
Monday*	6:05-6:45 pm	8	\$88	\$104
<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	8	\$88	\$104

## 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: Lisa Menotti & Anne Raucci

Tuesday*	6:00-6:30 am	8	\$92	\$108
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: Jake Fearnley & Helen Schorse

Thursday*	6:00-6:30 am	8	\$92	\$108
Freestyle	6:30-7:00 am		Included	

### OFF ICE JUMP CLASS

For skaters Freestyle 5 & Above.

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	8	\$66	\$80
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~Studio Arena \*Main Arena ^Party Room

## SPECIALTY CLASSES CONTINUED...

### OFF-ICE PERFORMANCE/SELF DEFENSE

For ages 10 thru adult.

This class will provide participants with the muscle toning and strengthening skills needed to enhance their on-ice skating & flexibility. We will also be covering the basic self defense skills as part of your off-ice workout.

Instructor: Nico Osseland

Monday^	6:55-7:40 pm	8	\$66	\$80
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### SYNCHRO MOVES & POWER

For skaters tested Beta or above. Further develop your synchronized skating skills with this moves skating class. Class focuses on moves patterns put in place by USFS. Open to all skaters. Instructor: Dina Domino

Thursday*	5:10-5:40 pm	8	\$92	\$108
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### SKATE INTO SYNCHRO

For Pre-Alpha through Delta students, age 6 years and up. This class will emphasize the basics to develop a foundation for synchronized team skating. Students will learn to skate together in formations, including lines, circles & blocks. Class will be divided into skill building & performance time. Must be registered for a regular skating class to participate. Instructor: Dina Domino

Thursday*	5:40-6:20 pm	8	\$92	\$108
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### AXEL/DOUBLE JUMP CLASS

For skaters Freestyle 3 & Above.

Skaters will work on waltz loops, back scratch, axel preparation and double jumps. Class size is limited.

Thursday~	5:40-6:10 pm	8	\$84	\$99
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### BOYS CLUB

This is a time for boys of all ages to come together and skate. Learn basic skills all the way through freestyle elements! This class will be taught on the studio arena by our instructor, Nico Osseland.

Wednesday~	4:00-4:30 pm	8	\$84	\$99
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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 3: FS1-FS4. Instructor: Maura Drew

Wednesday^	6:10-6:50 pm	8	\$76	\$88
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847-671-4268 \* fpice.com

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## ABOUT OUR SPRING 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 Spring session is eight 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”
- 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

## 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 six 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

### SPRING TESTING PROCEDURE

Panel testing will be conducted on May 5 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, May 5** 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.***

### 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).

### Park District of Franklin Park Ice Arena

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Franklin Park, Illinois 60131

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**Contact: Skate School Director Anne Raucci**  
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