

Franklin Park Ice Arena



Spring 2020 Program Schedule



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 eleven 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”
- Students can attend special “free” practices, schedule is on page 4
- 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

Spring Ice Show 2020

It's the highlight of the season!

May 15 @ 7pm

May 16 @ 6pm

May 17 @ 2pm

If you haven't seen one of our annual shows, you've been missing out! Mark your calendars for the weekend of May 15, 16 & 17 and be sure to come check out the students of our Skating School performing jumps, spins and choreographed routines on ice.

Admission \$8 for Ages 4 & Up

Let's Skate Public Session Schedule

Monday	12:00-2:00pm
Tuesday	11:00am-1:00pm
Wednesday	7:20-8:50pm*
Thursday	11:00am-1:00pm
Saturday	2:00-3:30pm & 8:20-9:50pm
Sunday	2:00-3:30pm

Admission \$6 / Skate Rental \$3

***The 2nd & 4th Wednesday of every month is DJ SK8
thru the month of April!
Wednesday sessions end May 6th**

Session 3: February 24 - May 9

Session 3 is 11 Weeks

Take a few minutes to review the skating school schedule and find the classes appropriate for your age and ability. A complete schedule of classes offered are on pages 2 and 3.

Don't delay...Registration begins soon!

In District: February 11

Out of District: February 12

Daily Office Hours:

Monday thru Friday, 9am-8pm

Saturday 8am-10pm & Sunday 8am-8pm



It's easy to register!
We offer the convenience of registering online or in person!

**Questions? Contact our Skate School Director
Anne Raucci, araucci@fpparks.org
847-671-4268, ext 215**

Spring Ice Show May 15, 16 & 17



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

Day	Time	Wks	ID/OD	\$76
Tot 1 beginners ages 3-5 (balancing & marching)				
Tuesday~	9:20-9:50 am	11	ID/OD	\$76
Wednesday~	12:45-1:15 pm	11	ID/OD	\$76
Wednesday~	5:05-5:35 pm	11	ID/OD	\$76
Thursday~	4:30-5:00 pm	11	ID/OD	\$76
Thursday~	5:10-5:40 pm	11	ID/OD	\$76
Saturday~	10:20-10:50 am	11	ID/OD	\$76

Day	Time	Wks	ID	OD
Tot 2 for Tot 1 graduates (gliding, marching)				
Tuesday~	9:20-9:50 am	11	\$91	\$109
Wednesday~	12:45-1:15 pm	11	\$91	\$109
Wednesday~	5:05-5:35 pm	11	\$91	\$109
Thursday	4:30-5:00 pm	11	\$91	\$109
Thursday~	5:10-5:40 pm	11	\$91	\$109
Saturday~	10:20-10:50 am	11	\$91	\$109

Day	Time	Wks	ID	OD
Tot 3 & 4 (Tot 3: dip, wiggle, back swizzle, beginning stroking, stops Tot 4: swizzles, stroking, beginning crossovers)				
Tuesday~	9:20-9:50 am	11	\$91	\$109
Wednesday~	12:45-1:15 pm	11	\$91	\$109
Wednesday~	5:05-5:35 pm	11	\$91	\$109
Thursday~	5:10-5:40 pm	11	\$91	\$109
Saturday~	10:20-10:50 am	11	\$91	\$109

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".

Day	Time	Wks	ID/OD	\$86
Monday~	6:10-6:50 pm	11	ID/OD	\$86
Wednesday~	6:15-6:55 pm	11	ID/OD	\$86
Thursday~	5:40-6:20 pm	11	ID/OD	\$86
Saturday~	9:40-10:20 am	11	ID/OD	\$86
Saturday~	11:30 am-12:10 pm	11	ID/OD	\$86

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	11	\$107	\$125
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TEEN/ADULT: Level 2 Intermediate (3-turns, spins and jumps)

Saturday~	9:00-9:40 am	11	\$107	\$125
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TEEN/ADULT: Level 1 & 2 Combined

Wednesday*	12:00-12:40 pm	11	\$107	\$125
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Student/Teacher Ratio for Beginner and above ~ 10:1

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

Day	Time	Wks	ID	OD
Monday~	6:50-7:30 pm	11	\$107	\$125
Wednesday~	5:35-6:15 pm	11	\$107	\$125
Thursday~	4:30-5:10 pm	11	\$107	\$125
Saturday~	9:40-10:20 am	11	\$107	\$125

ALPHA 1 (snowplow stop, forward stroking and crossovers)

Monday~	5:25-6:05 pm	11	\$107	\$125
Wednesday~	6:15-6:55 pm	11	\$107	\$125
Thursday*	4:30-5:10 pm	11	\$107	\$125
Saturday~	10:50-11:30 am	11	\$107	\$125

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

Monday~	6:50-7:30 pm	11	\$107	\$125
Wednesday~	6:15-6:55 pm	11	\$107	\$125
Thursday*	4:30-5:10 pm	11	\$107	\$125
Saturday~	10:50-11:30 am	11	\$107	\$125

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

Monday~	6:10-6:50 pm	11	\$107	\$125
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BETA 2 (advanced t-stops, back stroking and backward crossovers)

Monday~	6:10-6:50 pm	11	\$107	\$125
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BETA 1 & 2 Combined

Thursday*	5:40-6:20 pm	11	\$107	\$125
Saturday~	10:50-11:30 am	11	\$107	\$125

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

Monday~	5:25-6:05 pm	11	\$107	\$125
Wednesday~	5:35-6:15 pm	11	\$107	\$125
Saturday~	11:30am-12:10pm	11	\$107	\$125

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

Monday~	5:25-6:05 pm	11	\$107	\$125
Wednesday~	5:35-6:15 pm	11	\$107	\$125
Saturday~	11:30am-12:10pm	11	\$107	\$125

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

~Studio Arena *Main Arena ^Party Room

847-671-4268 * fpice.com

FREESTYLE CLASSES

Student/Teacher Ratio for Freestyle levels ~ 10:1

Day	Time	Wks	ID	OD
FREESTYLE 1 (<i>back edges, waltz & 1/2 flip jumps, forward spiral and 2-foot spin for Delta graduates</i>)				
Monday*	5:25-6:05 pm	11	\$120	\$143
FREESTYLE 2 (<i>ballet, waltz combo jump, half lutz jumps, one foot spin, spirals and footwork</i>)				
Monday*	5:25-6:05 pm	11	\$120	\$143
FREESTYLE 3 (<i>salchow and toe loop, change foot spin, back spiral and pivot, and footwork</i>)				
Monday*	5:25-6:05 pm	11	\$120	\$143
FREESTYLE 1 & 2 COMBINED				
Thursday*	4:30-5:10 pm	11	\$120	\$143
FREESTYLE 4 (<i>flip, loop, sit spin, back 3-turns, back spirals</i>)				
Monday*	5:25-6:05 pm	11	\$120	\$143
FREESTYLE 3, 4 & 5 COMBINED				
Thursday*	4:30-5:10 pm	11	\$120	\$143
FREESTYLE 5 (<i>lutz, axel, camel, camel sit, back scratch, footwork</i>)				
Monday*	6:05-6:45 pm	11	\$120	\$143
HIGH FREESTYLE 5 (<i>for students who have been in the FS5 class more than two times</i>)				
Monday*	6:05-6:45 pm	11	\$120	\$143
FREESTYLE 6 & ABOVE (<i>split jump/falling leaf, double salchow, combo spin, layback, sit change spin, footwork</i>)				
Monday*	6:05-6:45 pm	11	\$120	\$143

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: Hannah Post & Lisa Menotti

Tuesday*	6:00-6:30 am	11	\$124	\$148
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	11	\$124	\$148
Freestyle	6:30-7:00 am		Included	

OFF-ICE JUMP CLASS

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	11	\$89	\$109
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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	11	\$96	\$114
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SYNCHRO MOVES & POWER

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

Thursday*	5:10-5:40 pm	11	\$124	\$148
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PERFORMANCE POWER - HIGH

For skaters FS 4 & above.

This class will focus on skating movements at a fast pace to help skaters improve their endurance & stamina.

Get ready for a challenging class that will improve your POWER on the ice!

Instructor: Jake Fearnley & Helen Schorse

Friday*	5:20-6:00 pm	11	\$124	\$148
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AXEL/DOUBLE JUMP CLASS

For skaters Freestyle 3 & Above.

Skaters will work on waltz loops, back scratch, axel preparation and axels. Register early! Class size is limited.

Instructor: Jackie Kiska

Thursday~	5:40-6:10 pm	11	\$113	\$135
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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~	7:00-7:30 am	11	\$113	\$135
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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	11	\$96	\$114
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~Studio Arena *Main Arena ^Party Room

847-671-4268 * fpice.com

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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 five 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

FREE Skating School Practices open only to students in Session 3. **Only registered students are allowed on the ice and must check in at the front desk.**

Monday	Gamma, Delta, Freestyle & Adults	2:30-3:15 pm*
	Tots-Delta	4:45-5:25 pm~
Tuesday	Tots	9:00-9:30 am~
Wednesday	Tots	12:15-12:45 pm~
	All levels	2:30-3:15 pm*
	Tots, Beginners & Pre-Alpha	4:00-4:30 pm~
	Alpha & above	4:30-5:00 pm~
Thursday	Tots-Alpha	4:00-4:30 pm~
Saturday	Tots & Beginners through Adults	7:45-8:45 am~
~Studio Arena *Main Arena		

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.

SPRING TESTING PROCEDURE

Panel testing will be conducted on April 22 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, April 22** 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.

***Interested in becoming a member of one of our Starr Blades Teams?
Try it out during our FREE Starr Blades Synchronized Skating Clinic Series!***

Skate Into Synchro: Try Synchro For Free

Thursday, February 27, 6:30-7:10pm / Juice, cookies & information after

Clinics for Synchro Skills 1

Thursday, March 5, 6:30-7:00pm

Thursday, March 12, 6:30-7:00pm

Tryouts, Thursday, March 19, 7:00-7:30pm

Clinics for Synchro Skills 2

Thursday, March 5, 7:00-7:30pm

Thursday, March 12, 7:00-7:30pm

Tryouts, Thursday, March 19, 5:40-6:45pm

Clinics for Pre Juvenile

Saturday, Feb 29, 7:30-9:00am

Saturday, March 7, 7:30-9:00am

Saturday, March 14, 7:30-9:00am

Tryouts, Saturday, March 28, 6:30-8:30am

Clinics for Intermediate

Saturday, Feb 29, 5:30-7:30am

Saturday, March 7, 5:30-7:30am

Saturday, March 14, 5:30-7:30am

Tryouts, Saturday, March 21, 6:30-8:30am

Look for more detailed information to come in February!

Park District of Franklin Park Ice Arena

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Franklin Park, Illinois 60131
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Fax: 847-671-4755
fpice.com

