

Jackson Hole Figure Skating Club

2009/2010 Season Class Prices & Descriptions

Classes:

Snowplow Sam 1-3, Basic 1-8, & Beginning Hockey After School Classes	\$375 Fall, \$675 Full Season	Tuesdays & Thursdays 4:05-4:55pm & Practice Session Sundays 3:00-3:30pm
Free skate 1-6 (Low) After School Classes 4:05-4:50pm	\$625 Fall, \$1,150 Full Season.....	Mon., Wed., & Fri. 4:05-4:50pm Low Freestyle Session Thursdays 6:00-7:00am
Pre-Pre-Senior (High) After School Classes 4:45-5:30pm	\$625 Fall, \$1,150 Full Season.....	Mon., Wed., & Fri. 4:45-5:30pm High Freestyle Session Thursdays 6:00-7:00am
Theater on Ice Classes <i>(Please Note: Theater only runs through the Christmas Show and there will be added practice times for the show on Sundays)</i>	\$200 Fall.....	Tuesday and Thursday 4:55-5:30pm
Adult Classes	\$120 Fall, \$220 Full Season.....	Thursdays 12:00-1:45 pm (30min Class)
Mon, Tue, Wed, Thu, Fri After School Freestyle Ice Sessions	\$250 Fall, \$400 Full Season	3:45-4:05pm
Tuesday & Thursday After School Fall Freestyle Ice Sessions	\$160 Fall/\$350 Season	Tuesdays & Thursdays 4:55-5:30pm
Tuesday & Thursday After School Spring Freestyle Ice Sessions	\$240 Spring/\$350 Season	Tuesdays & Thursdays 4:55-5:30pm
Thursday Morning Freestyle Sessions	\$100 Fall, \$190 Full Season	Thursdays 6:00-7:00am
Sunday Moves in the Field/Dance Practice Ice Sessions	\$98 Fall, \$185 Full Season	Sundays 3:30-4:15pm
Sunday High Freestyle Ice Sessions	\$98 Fall, \$185 Full Season	Sundays 4:15-5:00pm
Sunday Low Freestyle Ice Sessions (Walk On)	\$10 each or \$70 for 10 punch card	Sundays 3:00-3:30pm
Sunday Moves/Dance Ice Sessions (Walk On)	\$13 each or \$55 for 5 punch card	Sundays 3:30-4:15pm
Sunday High Freestyle Ice Sessions (Walk On)	\$13 each or \$55 for 5 punch card	Sundays 4:15-5:00pm

All weekday after school freestyle sessions are open for walk-ons at \$8 a 20min session Monday-Friday or \$15 for a 40min session. The Tuesday and Thursday morning freestyle sessions are open for walk-ons at \$12 a session. Sunday freestyle sessions are open for walk-ons at \$10 low level session and \$13 high level/MIF session. Discounted Freestyle Punch cards are available in the JHFSC office.

*Note: Prices do not include \$3.00 skate rental.
Skate rental punch cards are available from Snow King.*

CLASS DESCRIPTIONS

Snowplow Sam - Tuesday/Thursday

Snowplow Sam is a big, fuzzy, white bear who loves to skate. Snowplow Sam has designed this class to help the preschool age skater develop the preliminary coordination and strength necessary to maneuver on the ice. This class is 50 minutes and structured as a group lesson combined with a practice session. A Low Freestyle session will be included in this class on Sundays at 3:00 – 3:30 for students to work on their skills. This class is recommended for **skaters aged 3 to 6**. CHRISTMAS SHOW PERFORMANCE IS INCLUDED, so some class time will be dedicated to preparation for the show.

Basic 1-8 - Tuesday/Thursday

The “Basic Eights Skills” are the fundamentals of the sport. This program introduces the fundamental moves – forward skating, backward skating, stops, edges, crossovers, three turns, and mohawks. Upon the completion of the eight levels of the Basic Eights curriculum, skaters will have a beginning knowledge of the sport enabling them to advance to the more specialized areas of skating. This class is 50 minutes and structured as a group lesson combined with a practice session. A Low Freestyle session will be included in this class on Sundays at 3:00 – 3:30 for students to work on their skills. This class is recommended for **skaters aged 6 and up** (through high school), or those who have passed all three levels of the Snowplow Sam curriculum. CHRISTMAS SHOW PERFORMANCE IS INCLUDED, so some class time will be dedicated to preparation for the show.

Beginning Hockey

We have designed this class to help the preschool age skater develop the preliminary coordination and strength necessary to maneuver on the ice before going into **Jackson Youth Hockey**. This class will be taught by a certified hockey coach to prepare your child for the game. Also this class is 50 minutes and structured as a group lesson combined with a practice session. A Low practice session will be included in this class on Sundays at 3:00 – 3:30 for students to work on their skills. This class is recommended for **skaters aged 3 to 6 who aren't ready to go straight into the game**. The only equipment needed for this class is skates and optional helmet.

Free Skate 1-6 and USFS Free Skate - Monday/Wednesday/Friday

This program includes footwork, jumping, and spinning. The Free Skate program is designed to give skaters a strong foundation on which to build their skills. This class is a broke up into High and Low. The Low group class (freeskate1-6) will have a structured class from 4:05-4:50, 3 days a week. The High group class (Pre-Pre-Senior) will have a structured class from 4:50-5:35, 3 days a week. A Thurs. am freestyle session is included for students to work on their skills. This class is recommended for skaters working on Free Skate 1-6 and USFS Free Skate Levels. **CHRISTMAS SHOW PERFORMANCE IS INCLUDED**, so some class time will be dedicated to preparation for the show. We also encourage all skaters to take advantage of the 20min freestyle session that runs Mon-Fri at 3:45-4:05, however this session is not included you must buy it separate.

Theatre on Ice – Tuesday & Thursday

Theatre on Ice is a form of figure skating that is popular in Europe, where it is known as Ballet On Ice. It combines the grace of figure skating with the excitement of theatre and dance. Our program will be performance oriented, focusing on the experience, creativity, and fun of working with a group of skaters on a regular basis with the goal of telling a story and putting on a great show. Participants will produce and perform two theatrical skating programs that will be featured on our club's ice shows. In The Fall/Winter they will be the body of the Christmas Show (How the Grinch Stole Christmas) This program will meet twice a week for 35 minutes thru the Christmas show and is **open to all levels. (Please note that there will be some groups who will also be asked to practice on Sundays in addition to week nights)**

Adult Program - Thursday

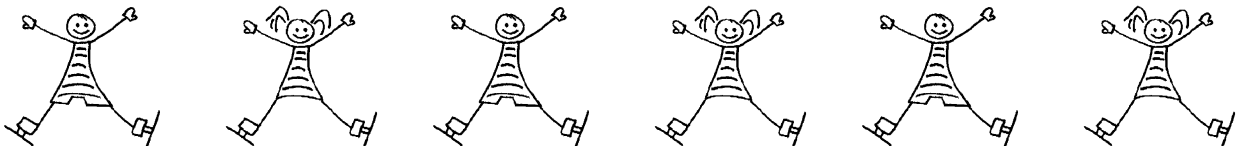
This adult curriculum is designed specifically for the adult skater. It promotes physical fitness, improves balance and coordination, while teaching proper skating techniques. Divided into the appropriate levels, adult skaters will progress at an individual rate while being challenged and motivated. This is an exciting new program for people who look to skating as an enjoyable way for a fit and healthy lifestyle. This class is structured as a 30 minute group lesson combined with a 1 hour and 15 minute practice session. No previous skating experience is required. **PUBLIC ICE ADMISSION AND SKATE RENTAL ARE NOT INCLUDED**. Walk-On will be permitted for **\$15** a class.

Moves in the Field Ice Session - Sunday

Practice ice for ice dance and moves in the field. Walk-ons will be permitted for **\$13** a session, space permitting. Punch cards are available at \$55 for 5 sessions.

Freestyle Ice Sessions – Sunday Afternoons, Monday/ Wednesday/Thursday/Friday/ After School, & Tuesday and Thursday Mornings

Freestyle practice ice. Walk-ons will be permitted as space permits on Sunday high freestyle for **\$13**, Sunday low freestyle for **\$10**, After school freestyle (Mon., Tue., Wed., Thurs., & Fri.) at 3:45-4:05 for **\$8**, after school ice (Tue & Thur) evenings at 4:55-5:35 for **\$15** and Thursday morning freestyle for **\$12**. Note: weekday after school sessions are for our 18 and under students only. Discounted punch cards are available for Sunday High Freestyle, Tuesday and Thursday Morning Freestyles at \$55 for 5 sessions. Punch cards for Sunday Low Freestyle and After School Freestyles are available at \$70 for 10 sessions.



2009-2010 Jackson Hole Figure Skating Club Weekly Group Lessons and Ice Sessions Schedule

MON	TUE	WED	THUR	FRI	SAT	SUN
	6:00-7:00am Freestyle Session Freeskate 1-6 & USFS) & Adult Skaters Walk on fee charged		6:00-7:00am Freestyle Session (Included with Freeskate 1-6 & USFS)			
			12:00 -1:45pm Adult Program (30 min Class)			
3:45-4:05pm Freestyle Session	3:45-4:05pm Freestyle Session	3:45-4:05pm Freestyle Session	3:45-4:05pm Freestyle Session	3:45-4:05pm Freestyle Session		3:00-3:30pm Low Freestyle Ice Session (Included in the Snowplow Sam, Beginning Hockey & Basic 1-8)
4:05-4:50pm Freeskate 1-6 Group (Low)	4:05-4:55pm Snowplow Sam 1-3, Beginning Hockey & Basic 1-8	4:05-4:50pm Freeskate 1-6 Group (Low)	4:05-4:55pm Snowplow Sam 1-3, Beginning Hockey & Basic 1-8	4:05-4:50pm Freeskate 1-6 Group (Low)		3:30-4:15pm Moves in the Field Ice Session Theater On Ice, groups will be assigned
4:45-5:30pm Pre-Pre-Senior Group (high)	4:55-5:30pm Theater On Ice Freestyle Ice Session	4:45-5:30pm Pre-Pre-Senior Group (high)	4:55-5:30pm Theater On Ice Freestyle Ice Session	4:45-5:30pm Pre-Pre-Senior Group (high)		4:15-5:00pm High Freestyle Ice Session

For More Information on Registration Call: 733-6677

Jackson Hole Figure Skating Club
P.O. Box 8647
Jackson WY, 83002

2009-2010 Jackson Hole Figure Skating Club

Calendar of Events

Fall/Winter Season

September 18 – Last day to donate to Old Bill's fun run

September 18 - Skate Swap Drop Off at Snow King
3 p.m.–4:30 p.m.

September 18 - Skating School Registration and Skate Swap at Snow King Ice Center 4:30 p.m.-7:30 pm

October 19 – First Day of Class

November 3 - Membership and Parent Orientation Meeting at Snow King Lodge Room 6 p.m.

November 10 - "Make-up" Parent Orientation Meeting at Snow King Lodge Room 6 p.m.

November 15 and 21 – No Classes

November 25 - 27 – No Classes (Thanksgiving)

December 10 – Christmas Show Dress Rehearsal
4 p.m. – 6:30 p.m.

December 11- Christmas Show, 5:30 p.m. Call Time

December 12- Christmas Show, 11a.m. Call Time

December 20- Last Day of Classes Before Holiday Break

HOLIDAY BREAK

January 3 – Classes Resume

January 4- 8 Basic Skills Testing

January 8 – Last Day of Fall/Winter Season

Winter/Spring Season

January 11 - First Day of Winter/Spring Classes

January 20 - JHFSC Invitational Registration Deadline

January 20 - Winter/Spring Parent Orientation meeting. Cougar Room at Ice Rink 6 p.m.

January 31- Skate With Us Competition Registration Deadline

February 6 – Basic Skills Competition 1 p.m. to 5 p.m.

February 6 - Spaghetti Dinner and Auction at the Teton County Fair Building, following Basic Skills Competition

March 10-14 No Classes

March 10 - USFS Test Session at the Invitational

March 11-14 JHFSC Invitational Competition

March 16-19 Basic Skills Testing

March 22 - End of Season Show Dress Rehearsal 3:50 p.m. – 6 p.m.

March 23 - End of Season Show 5:30 p.m. Call Time

March 24 - End of Season Party 3:50 p.m. to 6:00 p.m.

March 25 – Ice Rink Closed for the Season

