

Ice Midwest Summer 2008 Freestyle Schedule						
Starts Monday June 2nd						
Skaters, Coaches, & Parents: This is our general summer freestyle schedule. Please note there will still be a monthly freestyle calender to account for any holidays or adjustments.						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-8:30	Moves in the Field	Figures	Moves in the Field	Figures	Program Ice	
8:30-9:30	High Freestyle	High Freestyle	High Freestyle	High Freestyle	Open Freestyle	
9:30-9:50	High Stroking	High Stroking	High Stroking	High Stroking	Open Stroking	
10:00-11:00	Open Freestyle	Open Freestyle	Open Freestyle	Open Freestyle	Open Freestyle	(Skate School 10:30-12:00)
11:00-11:20	Open Stroking	Open Stroking	Open Stroking	Open Stroking	Open Stroking	Freestyle (10:30-11:30)
11:30-12:30	Open Freestyle	Open Freestyle	Open Freestyle	Open Freestyle		Freestyle (11:40-12:40)
12:30-1:00	Specialty	Moves in the Field	Specialty	Program Ice		
1:15-4:15	public	public	public	public	public	
4:30-5:30	Skate School	Freestyle	Skate School	Freestyle		
5:40-6:00	Stroking	Stroking	Stroking	Stroking		
6:00-7:00	Freestyle	Freestyle	Freestyle	Freestyle		

<u>Freestyle Card</u>	\$12 per punch	<u>Stroking Card</u>	\$6 per punch	<u>Specialty Class Card</u>	\$12 per punch
Open FS	All levels	Stroking class		Figures class	
High FS	Pre Juv and up	Figures session		Field moves class	
		Field Moves session		Program Ice	

CLASS DESCRIPTIONS

Stroking - Instructed 20 min. class focusing on power, edges, flow, speed, etc.

Figures - 30 min. open practice time for figures

Moves in the Field - 30 min. open practice time for field moves

Program Ice - Competition atmosphere will be simulated. There will be warm-ups then each skater will perform their program one at a time.

If time permits, skaters will be able to do more than one run through of their program.

Specialty We will be surveying interest on what to offer. We will be using the punch card system on these classes.

Examples include: Spins class Ice Dance Axel Class Intro to MIF
Intro to Figures Coach Speciality Off Ice Conditiong

Skate School-- 30 minutes classes offered through our Learn to Skate program.

Questions, please contact Michelle or Charmin at (913) 851-1600 or visit www.icemidwest.com