

Figure Skating Academy Classes Term 1 2019

Monday Classes

ADULTS COFFEE CLUB
(Adult Level 3 and above)
10.00-11.00am

DROP IN \$25. This session is for Adult 3 & up levels of adult skating and is conducted in an informal style with emphasis on fun and friendship while learning from basic to advanced skating skills.

ELITE PROGRAM

Elite Program is an invitation only program and entry is via audition and interview. Held twice a week, Monday and Saturday, the program includes 3 hours of on ice training and 1 hour of ballet and 1 hour of strength and conditioning. Elite Program is designed to be an all inclusive package for serious figure skaters to help them gain qualification into national and international competitions.

Tuesday Classes

BALLET FOR SKATERS
Beginners
6.30-7.30pm

A comprehensive ballet class designed specifically for those with little to no experience in classical ballet. This class covers the basics, including posture, alignment, positions of the feet and arms, port de bras, simple combinations and the basics of safe stretching. Designed to introduce the skater to the valuable attributes ballet has to offer, it utilises both barre and centre exercises to enhance the skater's line, aesthetic quality, flexibility, short-term memory recall and core strength.

BALLET FOR SKATERS
Intermediate (1+ Years of Experience)
7.30-8.30pm

This class moves at a slightly faster pace and is designed for those with some previous experience in classical ballet. With longer, more complicated combinations incorporating more advanced steps within the classical ballet repertoire, it is able to assist the skater in developing confidence both on and off the ice. Focusing on aesthetic development, flexibility, line and strength, this class can assist the skater to enhance their performance quality and artistry whilst developing longer combinations more closely related to those they encounter on the ice.

Wednesday Classes

RISING STARS
(Aussie Freeskate Levels to
IJS Elementary Level Only)
5.00-6.30pm

1 hr ON ICE + half hr OFF ICE. This is a bridging program for figure skaters moving out of our Skate School classes and into the ISU/IJS system. This class will also incorporate all the Aussie Skate FreeSkate levels and up.

LIMBER/STRETCH
All Ages 5.30-6.30pm

Specifically designed for skaters, this class facilitates increased flexibility and musculoskeletal joint mobility, whilst concurrently developing strength throughout the body's core, improving posture and placement both on and off the ice. The risk of injury is significantly diminished with regular practice of the Limber/Stretch exercises. On-ice performance is also enhanced, as 'line' improves with flexibility when supported by core strength. Appropriate for all ages, Limber/Stretch is ideal for skaters wishing to improve the aesthetics of their skating while also learning to stretch in a safe manner over a period of time.

THEATRE ON ICE - Adult
(Adults 18 Years+)
(Freeskate Level 1 and above)
7.00-7.45am

This is a fun and enjoyable class for adults, Adult 3 level and up, who like to act out different scenarios in a team environment but with a competition element included.

ADULT SYNCHRO - Adult
(Adult 3 and above)
8.30-9.30pm

This is a class for adult skaters who would enjoy working in a team environment. Figure skating does not need to be a solo and lonely sport. In synchronised skating, you get to employ all the skills you learnt in Skate School. There can be up to 16 skaters on the ice simultaneously attempting all sorts of mind-blowing configurations. It is a great way to make friends in the sport. This session covers skating skills and synchronised patterns elements under the tuition of dedicated synchronised skating coaches.

Saturday Classes

THEATRE ON ICE - Open
(Youth 15 yrs & Over)
(Freeskate Level 1 and above)
7.00-7.45am

This is a fun and enjoyable class for youths, 15 years & over and Freeskate Level 1 and up, who like to act out different scenarios in a team environment - with a competition element included.

THEATRE ON ICE - Novice
(14 Yrs & under)
(Freeskate Level 1 and above)
7.45-8.30am

This is a fun and enjoyable class for youths, 14 years & under and Freeskate Level 1 and up, who like to act out different scenarios in a team environment - with a competition element included.

KILLS DRILLS
(Freeskate Level 1 and above)
8.00-8.30am

DROP IN \$15 Kill Drills is designed, as the name suggests, to push your skating abilities to the limit. Take this class to improve your skating endurance, speed and power. You'll have the opportunity to test your skating skills without speed limits.

BALLET FOR SKATERS
09:00-10:00am

Many liken figure skating to ballet on ice. Therefore, ballet is a crucial element of a skater's training. This off-ice class teaches skaters the fundamentals of proper technique and artistic elegance and ensures these are achieved while skating in both training and performance.

Sunday Classes

Ice Dance - Open
(Freeskate Level 1 and above)
8.00-9.30am

45 mins ON ICE + half hr OFF ICE @ DROP IN \$22. Ice dancing has the highest spectator viewing for figure skating internationally and is great way to learn edge/turn skills to dance music whilst learning how to partner another skater. Need to be in Freeskate levels and above for Adult and Youth.

SYNCHRONISED - Basic Novice 1
(Aussie Skate Intermediate 1 & above)
8.00-8.45am

This is a class for skaters, 14 yrs and under, with Aussie Skate Intermediate 1 level and above, who would enjoy working in a team environment. Figure skating does not need to be a solo and lonely sport. In synchronised skating, you get to employ all the skills you learnt in Skate School. There can be up to 16 skaters on the ice simultaneously attempting all sorts of mind-blowing configurations. It is a great way to make friends in the sport. This session covers skating skills and synchronised patterns elements under the tuition of dedicated synchronised skating coaches.