

2011-2012

CAFSC GROUP LESSON DESCRIPTIONS

- *All group lessons listed below are open to any Club member provided they meet the skating level requirements listed in class descriptions*
- *Skaters may choose more than one group lesson per week*
- *Classes may be cancelled or combined due to insufficient enrollment*

Tuesday Freestyle Clinic

The Freestyle Clinic will be offered on Tuesday evenings during the 6:00-6:50 pm time slot. Each week during the 30 minutes, skaters will participate in **two 15-minute** segments. A 20-minute free skate will follow the group lessons where skaters can have fun practicing new moves with their friends or work with a private coach.

Short segment **circuit training** will keep skaters interested and focused, and the variety **will allow skaters to learn creative skating skills beyond the basic required elements of freestyle testing**. Our coaches will **group skaters into small groups based on level so that each skater can** get the most out of the clinic.

The Freestyle clinic is open to all skaters who are either working on or have passed their Freestyle 1 or Bronze level tests and will be offered for our full skating season, breaking for 6 weeks in the spring for show practice. **The skills being taught at each station will vary every 7 weeks. Skaters will rotate between jumps, spins, power/edge and Champion Cords for our first set of circuit training stations:**

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| • Jumps | Led by Marcy Hahnen |
| • Spins | Led by Alisa Contreras |
| • Champion Cords (tool used to strengthen proper body alignment in all elements of skating) | Led by Faye Greel |
| • Power | Led by Julie Warner |

Tuesday Basic Skills Group:

A 30-minute Basic Skills group lesson is open to all skaters working on advancement thru the ISI Alpha-Delta badges. (Same format as Saturday lesson Basic Skills group) A 20-minute free skate will follow the group lessons where skaters can have fun practicing new moves with their friends or work with a private coach.

Saturday Noon Basic Skills Group

A 30-minute Basic Skills group lesson is open to all skaters working on advancement thru the ISI Alpha-Delta badges. (Same format as Tuesday lesson Basic Skills group) A 30-minute free skate will follow the group lessons where skaters can have fun practicing new moves with their friends or work with a private coach.

Saturday Noon Freestyle Group

A 30-minute Freestyle group lesson is open to all skaters working on advancement thru the ISI freestyle badges. A 30-minute free skate will follow the group lessons where skaters can have fun practicing new moves with their friends or work with a private coach.