



Fall Aspire August 10th

(Pre-Free Skate to Free skate 1-6)

\$240 for 8-week session.

Tuesday 5:30-6:30pm Creative movement & Off ice

Saturday 11-12pm Jumps, spins, Power, and Edge

(Adult 4- Pre Bronze/Bronze)

\$125 for 8 week session

Saturday 11-12pm

- Skaters Pre -Freeskate through FS 6 participate in two hours of on ice and off ice instructional group classes twice per week. Adult 4 through Pre-bronze/bronze USFS MIF is offered on Saturdays only.
- Saturday classes for the Pre-Freeskate / 1-6 will focus on Edge quality, MIF, Jumps and Spins.
- Adults will take the Edge warm up class then be taught new maneuvers from the Adult 5-6 programs and the USFS Preliminary Adult curriculum
- Parent meetings are 20 -30 minutes on the first and last Tuesdays of the semester with a Q&A after. Parent meeting starts at 6pm with an appointed USFS Aspire Liaison.
- Group will be split according to level tested in Pre – Free skate, Free skate 1-6 and Adult 4- of LTS USA
- If skaters level is unknown, the skater will be evaluated and placed in the correct group.
- All skaters will work together during the on-ice warmups, power edge, creative movement and any off ice training

The U.S. Figure Skating Aspire Program

The U.S. Figure Skating Aspire Program provides a solid foundation in figure skating through the development of athleticism and artistry, empowering skaters to be successful on and off the ice.



Parent Meetings

Parent meetings take place first and last Tuesday while skaters are participating in off-ice training and are just 20 minutes in length. This allows for flexibility in the parent's schedule.

Suggested topics are below:

- Introduction to U.S. Figure Skating membership
- Testing and competitive pipeline
- Competition readiness
- How to be a supportive skating parent
- Q&A with higher level athletes and their parents
- Off-ice jumps class
- Introduction to judging systems
- Volunteer opportunities and getting involved

Agenda

TUESDAYS: Creative movement & OFF-ICE TRAINING	
Time	Activity
5:20-5:30p	Skates On
5:30-5:40p	Creative Movement (10-minute version)
5:40-5:50p	Unlisted Movements (one different movement introduced each week)
5:50-6:00p	Creative movement
6-6:10p	Skates Off
6:10-6:30p	Off-ice Training

Saturday: Jumps and spins	
Time	Activity
10:40-11	Skates On
11-11:10a	Warm up (10-minute version)
11:10-11:30	Creative Power
11:30-11:45	Spin Variations (group 1) Jumps (group 2) Adult Class (group 3)
11:45-12p	Spin Variations (group 2) Jumps (group 1) Adult Class (group 3)
12-12:10p	Skates Off

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