



Southern Minnesota Skating Club

Program Offerings

SMSC Figure Skating Classes

Artistic and Athletic Inspired Movement (AAIM; formerly known as "Aspire") classes include an hour of comprehensive instruction of edge work and jumps, along with a review of additional skating components such as spins and artistry. This 50 minute class serves to provide skaters Basic 4-preliminary with a bridge into higher level skating, and skaters Pre-Bronze and higher with a group instruction that complements individual coaching. Basic 4 or an ability to execute forward crossovers is required. (\$88/4 weeks, \$160/8 weeks, \$216/12 weeks; \$23 for drop ins. Drop ins are asked to give notice prior to attending)

Group Ice Dance provides skaters the opportunity to explore basic ice dance elements and patterns. Attention to rhythm, interpretation of the music, and the learning of specific dance steps helps skaters not only prepare for partnered or solo ice dance, but also helps skaters of all interests to practice control and awareness of body movement and presentation. Lessons will teach skaters the prime components of ice dancing and introduce the first six dance patterns in the U.S. Figure Skating test structure while performing and interpreting different musical genres. Taught in a group setting, skaters Basic 4 and higher will enjoy the support of peers while working on individual progression in these 50 minute classes. (\$88/4 weeks, \$160/8 weeks, \$216/12 weeks)

Axel Mastery classes will guide skaters through the fundamentals needed to master an Axel jump. This 50 minute class will consist of on-ice and off-ice instruction, and will provide skaters with additional training exercises for at home practice. Whether a skater is new to the Axel or has been working on it for months, this class is meant to help reinforce the technique necessary to land the Axel jump successfully and consistently. Consistent landing of a Loop jump and a strong backspin is a prerequisite for this class. (\$88/4 weeks, \$160/8 weeks, \$216/12 weeks)

Learn to Jump and Spin classes will guide skaters through the fundamentals needed to master single rotation jumps, while strengthening the elements necessary to land the first multi-rotation jump – the Axel. This 50 minute class will consist of on-ice and off-ice instruction, and will provide skaters with additional training exercises for at home practice. Whether a skater is new to jumps and spins, or has been working on them for months, this class is meant to help reinforce the techniques necessary to further their freeskate skills. LTS Basic 4 or consistent crossovers are prerequisites for this class. (\$88/4 weeks, \$160/8 weeks, \$216/12 weeks).

Power and Edge classes include an hour of comprehensive instruction of edge work while incorporating power techniques and exercises. Striving to bring every skater's agility and efficiency on ice to a new level, SMSC's Power and Edge classes serve to challenge skaters of all levels and interests, while capitalizing on their current strengths to help them achieve maximum potential in all skating disciplines, including figure skating, hockey, and speed skating. Basic 4 or a basic understanding of forward crossovers is required. (\$88/4 weeks, \$160/8 weeks, \$216/12 weeks; \$23 for drop ins. Drop ins are asked to give notice prior to attending)

Open Freeskate can be used by all skaters Basic 6 and above to practice jumps, spins, patterns, and programs. Skaters who have not yet passed basic 6 are welcome to use this time as well, under the guidance of an individual coach. Program music can be played during this time. (\$21/1 session, \$228/12 sessions, \$432/24 sessions, \$648/36 sessions, \$22 for walk ons. Coach fees vary per coach)

Individual Lessons Skaters looking for one-on-one instruction can sign up to work with an SMSC coach during open freeskate times. Contact us if you need help connecting with a coach! Each coach sets their own fees for individual lessons and parents should schedule lesson times directly with coaches. Freeskate time is purchased separately.

*****Southern Minnesota Skating Club strives to provide a **safe and inclusive space** in which skaters of all levels can explore and grow on the ice through a variety of opportunities. If you would like to participate in a program but cannot make all the times scheduled, please contact us and ask about our make up policy.*****