



# SKATING SEMINAR

Host: Memorial Figure Skating Club of Houston

Date: Saturday September 8<sup>th</sup>, 2018

Time: 3:50 pm to 8:00 pm

Venue: Bellerive Ice Center



**EACH GROUP CAN ONLY ACCOMMODATE 20 SKATERS.**

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**SPACE IS AVAILABLE ON A FIRST COME FIRST SERVE BASIS.**

## GROUPS (BASED ON FREE SKATE LEVELS)

Group 1: High beginner-No test (No/Almost Axel)

Group 2: PrePreliminary - PreJuvenile

Group 3: Juvenile - Senior

## FEEES

Class	Instructor	Cost
On Ice (80-min)	Aidas Rekllys	\$35 MFSCCH Member \$50 Non Member
Conditioning & Strengthening	Parisi Speed School @ Memorial Athletic Club	Add-on: \$5 per skater
Dance	TBA	Add-on: \$5 per skater
Stretch	Shelby McNamara	Add-on: \$5 per skater

## SCHEDULE

Time	Group 1	Group 2	Group 3
3:50 pm-4:30 pm	<b>On ice</b>	<b>Stretch</b> Start: 3:50 pm End: 4:20 pm	<b>Dance</b> Start: 3:50 pm End: 4:20 pm
4:30 pm – 5:10 pm	<b>Condition/Strength</b> Start: 4:40 pm End: 5:10 pm	<b>On ice</b>	<b>Stretch</b> Start: 4:30 pm End: 5:00 pm
5:10 pm -5:50 pm		<b>Condition/Strength</b> Start: 5:20 pm End: 5:50 pm	<b>On ice</b>
5:50 pm - 6:00 pm	BREAK		
6:00 pm - 6:40 pm	<b>On ice</b>		<b>Condition/Strength</b> Start: 6:00 pm End: 6:30 pm
6:40 pm - 7:20 pm	<b>Dance</b> Start: 6:50 pm End: 7:20 pm	<b>On ice</b>	
7:20 pm – 8:00 pm	<b>Stretch</b> Start: 7:30 pm End: 8:00 pm	<b>Dance</b> Start: 7:30 pm End: 8:00 pm	<b>On ice</b>