

Level Description

Low MIF: Pre-Preliminary - Pre Juvenile
 Low Clinic: Pre Alpha-Delta, Basic 1-8 & FS1- FS3
 High MIF: Juvenile and above
 High Clinic: FS4 and above
 Mixed Freestyle: All levels

*Levels may be changed based on enrollment

Hess Schedule

10:00-10:30am Low MIF Class /
 High Off Ice Jump or Off Ice Style Class
 10:30-11:00am High MIF Class /
 Low Off Ice Jump or Off Ice Style Class
 11:00-11:45am Mixed Freestyle
 11:45-12:30pm Mixed Freestyle
 12:30-12:45pm Lunch Break
 12:45-1:15pm Low /High Clinic or On Ice Style Class
 1:15-2:00pm Mixed Freestyle
 2:00-2:45pm Mixed Freestyle
 2:45-3:30pm Mixed Freestyle
 1:00-2:00pm Kidskate Class
 6:00-7:00pm Hockey Power & Skills Clinic (Tues only)

Ice Zone Schedule

10:00-10:30am Low MIF Class /
 High Off Ice Jump or Off Ice Style Class
 10:30-11:00am High MIF Class /
 Low Off Ice Jump or Off Ice Style Class
 11:00-11:45am Mixed Freestyle
 11:45-12:30pm Mixed Freestyle
 12:30-12:45pm Lunch Break
 12:45-1:15pm Low /High Clinic or On Ice Style Class
 1:15-2:15pm Mixed Freestyle
 2:15-3:15pm Mixed Freestyle
 1:00-2:00pm Kidskate Class
 6:00-7:00pm Synchro (Wed only)
 7:00-8:00pm Adult Dance (Wed only)

Payment Information

Make checks payable to SCGY. 50 % Deposit is due May 16, 2010 with remaining balance due June 14, 2010. All applications not received by May 16, 2010 will not qualify for the discounted contract

rates. All outstanding accounts after June 14, 2010 will revert to walk on/guest rates

Applications

Please turn in applications and payments to Maria or Quinn or mail to: SCGY, C/O Maria Koman, 47 Fieldstone Dr, Poland Ohio 44514

The Fees

	Club Member Contracted	Walk-on/ Non-Member
Per 45 min. Freestyle	\$8.00	\$10.00
Per 60 min. Freestyle	\$11.00	\$13.00
Per 30 min. Class: MIF, Style, Off Ice Jump or Low/High Clinic	\$8.00	\$10.00
Per 60 min Adult Dance or Hockey	\$15.00	\$17.00
Per 60 min. Kidskate	\$12.00	\$15.00

Description

Freestyle Sessions do not include instruction. Schedule your private lesson with your coach during these times.

MIF Classes: This 30 min group class is structured using the various levels of USFS Moves In the Field. Low and High classes will be offered based on enrollment.

Clinics: This is a 30 min group class offering freestyle instruction for High and Low levels. Clinic topics will be power development, endurance, spins, jumps, interpretive, attitude, etc. One topic will be the focus of each day.

Kidskate: This session will include a group class and 30 min of practice session. All levels & ages are welcome.

Hockey Clinic This group clinic will focus on skating skills, proper technique, power, quickness and agility. Divided by skill level.

Off Ice Jump & Strength Training: This 30 min class will focus on developing core body strength and maximum jumping ability.

Style Class: On & off ice, this 30 min group class will focus arm, head and body movement to interpret music and project emotion to music.