



ST. PAUL FIGURE SKATING CLUB
2009 SUMMER SCHEDULE ~ PLEASANT ARENA
 MON JUNE 8 THRU FRI AUG 21 ~ POSTMARK DEADLINE APRIL 20, 2009

Spring Safety Class (followed by Pot Luck Supper) ~ Thursday June 4 – 5:40 pm

To contract for Summer, skaters at the Intermediate level or lower, skaters new to the Club and all Adult skaters are required to attend the Safety Class.

Go to www.stpaulfsc.org for information about these exciting upcoming events!

Sun ~ May 31 3 rd Annual Junebug Basic Skills Competition	Fri/Sat/Sun ~ June 5-6-7 STARS Seminar with Craig Heath & Svetlana Kulikova	Fri/Sat/Sun ~ Jul 17-18-19 46 th Annual Skate St. Paul Competition	Mon/Tue/Wed/Thu ~ July 20-21-22-23 1 st Annual Basic Skills Summer Day Camp	Fri/Sat/Sun ~ Jul 24-25-26 1 st Annual Spectacular Adult Skating Camp
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Exceptions to Summer Weekly Schedule


Friday – July 17- No sessions *Ice used for Skate St. Paul practice ice*; Monday – July 20 - No sessions before 12:40 *Ice used for Basic Skills Camp*

Pleasant Academy Sessions Mondays/Tuesdays Wednesdays/Thursdays 6:00-6:50 pm	Off Ice/On Ice Edges/SOMASeries Sessions <i>Off Ice Mondays</i> 9:15-10:00 am, 10:10-10:55 am, 6:00-6:45 pm <i>On Ice Wednesdays</i> 1:30-2:30 pm High Edges, 4:50-5:50 pm Low Edges	Summer Exhibitions Wednesdays 12:20-1:30 pm High Exhibitions 3:50-4:50 pm Low Exhibitions All are invited to come & watch!	Classes for Adult Skaters Mondays – Spins – 8:00-8:30 pm Tuesdays – Edges – 8:00-8:30 pm Thursdays – Off Ice – 8:05-8:50 pm
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Freestyle for daily practice & private lessons

MONDAY – 11 weeks 8:00-9:00 am Beginner/Up FS 9:00-10:00 am B Competitors Ice 10:10-11:30 am A Competitors FS/Spins 11:10-12:30 pm PJ/Up FS/Spins 12:40-1:40 pm Beginner/Up FS 1:50-2:50 pm B Competitors Ice 2:50-3:50 pm A Competitors Ice 3:50-4:50 pm PJ/Up FS 5:00-6:00 pm Beginner/Up FS 6:00-6:50 pm Beginner/Up FS* 7:00-8:00 pm Adult FS <i>*skaters share ice with Academy</i>	TUESDAY – 11 weeks 8:00-9:00 am Beginner/Up FS 9:00-10:00 am B Competitors Ice 10:10-11:30 am A Competitors FS/Spins 11:10-12:30 pm PJ/Up FS/Spins 12:40-1:40 pm Beginner/Up FS 1:50-2:50 pm B Competitors Ice 2:50-3:50 pm A Competitors Ice 3:50-4:50 pm PJ/Up FS 5:00-6:00 pm Beginner/Up FS 6:00-6:50 pm Beginner/Up FS* 7:00-8:00 pm Adult FS <i>*skaters share ice with Academy</i>	WEDNESDAY – 11 weeks 8:00-9:00 am Beginner/Up FS 9:00-10:00 am B Competitors Ice 10:10-11:10 am A Competitors Ice 11:10-12:10 pm Beginner/Up FS 2:40-3:40 pm Beginner/Up FS 6:00-6:50 pm Beginner/Up FS* <i>*skaters share ice with Academy</i>	THURSDAY – 11 weeks 8:00-9:00 am Beginner/Up FS 9:00-10:00 am B Competitors Ice 10:10-11:30 am A Competitors FS/Spins 11:10-12:30 pm PJ/Up FS/Spins 12:40-1:40 pm Beginner/Up FS 1:50-2:50 pm B Competitors Ice 2:50-3:50 pm A Competitors Ice 3:50-4:50 pm PJ/Up FS 5:00-6:00 pm Beginner/Up FS 6:00-6:50 pm Beginner/Up FS* 7:00-8:00 pm Adult FS <i>*skaters share ice with Academy</i>	FRIDAY – 10 wks - no 7/17 7:00-8:00 am Beginner/Up FS 8:00-9:00 am Beginner/Up FS 9:00-10:00 am B Competitors Ice 10:10-11:30 am A Competitors FS/Spins 11:10-12:30 pm PJ/Up FS/Spins 12:40-1:40 pm Beginner/Up FS 1:40-2:40 pm Competitors A & B
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Please highlight the sessions above that you are contracting and keep this schedule for your records.

<p>Volunteer at Skate St. Paul July 17-19</p>  <p>Competing in <i>Skate St. Paul</i> is an integral part of our summer training program. St. Paul FSC Home Club skaters who contract for summer ice receive a 10% discount on Skate St. Paul entry fees! And - participating by volunteering is an integral part of being a part of the St. Paul Figure Skating Club. Sign up to volunteer on the Annual Membership Form.</p>	<p>*New for summer: FS/Spins Sessions*</p> <p>FS/Spins Sessions are comprised of 60 minutes of freeskating practice and 20 minutes of spin practice. The 10:10 am skaters freeskate from 10:10-11:10, the 11:10 am skaters freeskate from 11:30-12:30, and all skaters practice spins together from 11:10-11:30 pm. Spin to Win – the statistic is that 50% of points at Juvenile level are from spins!</p>	<p>Summer Off Ice Classes</p> <p><i>Watch the newsletter and sign up sheets in the Lobby for instructor and daytime information.</i></p>
<p>St. Paul FSC Membership</p> <p>Skaters must be members of the St. Paul FSC to contract or buy random ice. The 2009/2010 membership year begins June 1. Membership information will be sent out at the end of April.</p>	<p>Off Ice/On Ice Edges/SOMASeries Sessions with Tara Stamm</p> <p>Tara is offering Off Ice/On Ice sessions to develop and integrate full body movement with edge quality and flow. Skaters can choose the off ice time on Monday that works best for their schedule. The Low Edge class may have 2 instructors or helpers depending on the skating level of the participants.</p>	<p>Test Designated Freestyles</p> <p>Skaters must have PASSED the freeskating test indicated in order to skate on test designated freestyles. Skaters two levels up or two levels down may contract if in a lesson. Skaters 2 levels below test level may be on the ice only during the lesson with their coach: skaters 1 level below may stay on the ice after their lesson. This is for everyone's safety. Adults are invited to skate on Beginner/Up FS if they have contracted for 2 of the 3 Adult FS offered.</p>
<p>Summer Billing Schedule</p> <p>1/3 due with the contract; 1/3 due 7/1; 1/3 due 8/1. Statements are sent each month. Current accounts must be paid in full before Summer contracts can be accepted.</p>	<p>Competitors Ice</p>	<p>Pleasant Academy Classes</p> <p>Academy classes are offered Mon/Tue/Wed/Thu for beginning skaters. Skaters contracting for the Beginner/Up FS running concurrently with Academy Classes should structure their practice and lesson time to accommodate the classes, working on spins, jumping in place & small pattern exercises. No program music is to be played.</p>
<p>Contract Eligibility</p> <p>Summer contracts must be postmarked by April 20 to allow time for sessions to be confirmed prior to the start of Summer Ice.</p>	<p>Skaters are to request permission through their coach. Ice must be contracted Monday through Friday; some buy-ons may be allowed at the discretion of the Director based on the sign up of the session. The complexion of session may change from time to time to meet current needs. This session is geared to the highest level competitor on the ice. All other skaters are expected to skate up to that level. Please direct questions concerning this to your coach or to the Skating Director.</p>	<p>Tentative Adult Spins & Edge Classes</p> <p>Six contracting skaters are needed to hold these classes. For the summer, Adults who are USFS members but not SPFSC members may skate the classes. If they choose to contract the class, they may also contract the 7:00 pm Adult FS prior to the classes.</p>



**ST. PAUL FIGURE SKATING CLUB
2009 SUMMER CONTRACT at PLEASANT ARENA
MONDAY JUNE 8 THROUGH FRIDAY AUGUST 21, 2009**

POSTMARK DEADLINE APRIL 20, 2009

MONDAY – 11 weeks	Cost	#	RS
*Note: July 20 – ice begins at 12:40 pm			
*8:00-9:00 am Beginner & Up FS	\$117.50	101	
*9:00-10:00 am B Competitors Ice	\$117.50	102	
9:15-10:00 am Tara's Off Ice SOMAseries component of Wednesday Edges	See note 135/138	103	
*10:10-11:30 am A Competitors 60 min FS/20 min Spins	\$156.00	104	
10:10-10:55 am Tara's Off Ice SOMAseries component of Wednesday Edges	See note 135/138	105	
*11:10-12:30 pm A PJ/Up FS/Spins 20 min Spins /60 min FS	\$156.00	106	
12:40-1:40 pm Beginner & Up FS	\$129.25	107	
1:50-2:50 pm B Competitors Ice	\$129.25	108	
2:50-3:50 pm A Competitors Ice	\$129.25	109	
3:50-4:50 pm PJ/Up FS	\$129.25	110	
5:00-6:00 pm Beginner & Up FS	\$129.25	111	
6:00-6:50 pm Beginner & Up FS	\$110.00	112	
6:00-6:50 pm ACADEMY CLASS	\$165.00	113	
6:00-6:45 pm Tara's Off Ice SOMAseries component of Wednesday Edges	See note 135/138	114	
7:00-8:00 pm Adult FS	\$154.00	115	
8:00-8:30 pm Adult Spins Class** \$175 [if 6 sign up], \$150 [if 7], \$130 [8 or more]	**	116	
TUESDAY – 11 weeks	Cost	#	RS
8:00-9:00 am Beginner & Up FS	\$129.25	117	
9:00-10:00 am B Competitors Ice	\$129.25	118	
10:10-11:30 am A Competitors 60 min FS/20 min Spins	\$172.00	119	
11:10-12:30 pm A PJ/Up FS/Spins 20 min Spins/ 60 min FS	\$172.00	120	
12:40-1:40 pm Beginner & Up FS	\$129.25	121	
1:50-2:50 pm B Competitors Ice	\$129.25	122	
2:50-3:50 pm A Competitors Ice	\$129.25	123	
3:50-4:50 pm PJ/Up FS	\$129.25	124	
5:00-6:00 pm Beginner & Up FS	\$129.25	125	
6:00-6:50 pm Beginner & Up FS	\$110.00	126	
6:00-6:50 pm ACADEMY CLASS	\$165.00	127	
7:00-8:00 pm Adult FS	\$154.00	128	
8:00-8:30 pm Adult Edge Class** \$175 [if 6 sign up], \$150 [if 7], \$130 [8 or more]	**	129	

WEDNESDAY – 11 wks	Cost	#	RS
8:00-9:00 am Beginner & Up FS	\$129.25	130	
9:00-10:00 am B Competitors Ice	\$129.25	131	
10:10-11:10 am A Competitors Ice	\$129.25	132	
11:10-12:10 pm Beginner & Up FS FS	\$129.25	133	
12:20-1:30 pm High Exhibitions	\$129.25	134	
1:30-2:30 pm High Edge/SOMAseries Tara's Monday off ice class included in price	\$275.00	135	
2:40-3:40 pm Beginner & Up FS	\$129.25	136	
3:50-4:50 pm Low Exhibitions	\$129.25	137	
4:50-5:50 pm Low Edges/SOMAseries Tara's Monday off ice class included in price	\$275.00	138	
6:00-6:50 pm Beginner & Up FS	\$110.00	139	
6:00-6:50 pm ACADEMY CLASS	\$165.00	140	
THURSDAY – 11 weeks	Cost	#	RS
8:00-9:00 am Beginner & Up FS	\$129.25	141	
9:00-10:00 am B Competitors Ice	\$129.25	142	
10:10-11:30 am A Competitors 60 min FS/20 min Spins	\$172.00	143	
11:10-12:30 pm A PJ/Up FS/Spins 20 min Spins/ 60 min FS	\$172.00	144	
12:40-1:40 pm Beginner & Up FS	\$129.25	145	
1:50-2:50 pm B Competitors Ice	\$129.25	146	
2:50-3:50 pm A Competitors Ice	\$129.25	147	
3:50-4:50 pm PJ/Up FS	\$129.25	148	
5:00-6:00 pm Beginner & Up FS	\$129.25	149	
6:00-6:50 pm Beginner & Up FS	\$110.00	150	
6:00-6:50 pm ACADEMY CLASS	\$165.00	151	
7:00-8:00 pm Adult FS	\$154.00	152	
8:05-8:50 pm Adult Off Ice	\$110.00	153	
FRIDAY – 10 wks - no 7/17	Cost	#	RS
7:00-8:00 am Beginner & Up FS	\$117.50	154	
8:00-9:00 am Beginner & Up FS	\$117.50	155	
9:00-10:00 am B Competitors Ice	\$117.50	156	
10:10-11:30 am A Competitors 60 min FS/20 min Spins	\$156.00	157	
11:10-12:30 pm A PJ/Up FS/Spins 20 min Spins /60 min FS	\$156.00	158	
12:40-1:40 pm Beginner & Up FS	\$117.50	159	
1:40-2:40 pm Competitors A & B	\$117.50	160	

Highlight or ✓ sessions you are contracting

Total Contract Amount	= \$
1/3 Due with contract	= \$
Check #	

Make checks payable to: St. Paul Figure Skating Club.
Checks deposited June 3, 2009. Mail check and contract to:
SPFSC, % Lexie Kastner, Box 296, Deerwood MN 56444

Skater Name for 10% Referral Discount

Parent/Guardian signature

Coach _____

Highest FS Test Passed _____ Phone _____

Skater Email _____

Skater _____