



**ST. PAUL FIGURE SKATING CLUB 2009 SPRING SCHEDULE**  
**PLEASANT ARENA ~ MON MAR 2 THRU FRI JUN 5 ~ POSTMARK DEADLINE JAN 23, 2009**

**DON'T MISS THESE UPCOMING EVENTS!**

**Saturday April 4, 7:00 PM ~ "Movie and Popcorn Night" ~ Richfield Ice Arena**

**Saturday May 30 ~ 10:30 AM-12:00 PM ~ eMOTION Workshop with Tara Stamm**

**Thursday June 4 - 5:40-6:30 pm ~ Safety Class for Skaters & Parents followed by a Pot Luck Supper.**

SCHEDULE INTERRUPTIONS: Saturdays March 7-14-21-28 & April 4 ~ no 2:55-3:40 pm Beg/Juv FS (ice used for Show Practice);  
 Monday MAY 25 ~ MEMORIAL DAY ~ no sessions; Friday JUNE 5 ~ daytime ice until 3:00 pm ~ no afternoon or evening sessions

**SPRING CLASSES**

Pleasant Academy Sessions	Learn To Skate
Monday & Wednesday 6:00-7:25 pm ~ 6:00-6:30 pm Ballet/Off Ice Class & 6:40-7:25 pm Skating Class Tuesday, Thursday & Friday 6:40-7:25 pm ~ Skating Class only Saturday 12:00-1:55 pm ~ 12:00-12:45 Skating Class, 12:45-1:00 pm Practice Time & 1:10-1:55 pm Edge Class	Saturdays March 21 – May 23 10:30-12:00 pm

<b>Saturday Edge Classes</b>
8:20-9:20 am High Edges (combines Gold & Silver Edges) 1:10-1:55 pm Low Edges (combines Pre Bronze & Bronze – ice time shared but each level has own instructor)

**Freestyle for daily practice & private lessons**

MONDAY/WEDNESDAY/THURSDAY	TUESDAY	FRIDAY	SATURDAY
3:30-4:30 pm Juvenile & Up FS 4:40-5:40 pm Pre Juvenile & Up FS 5:40-6:30 pm Beginner to Adult FS 6:40-7:25 pm Beginner/Juvenile FS 7:35-8:20 pm Beginner thru Adult FS 8:20-9:20 pm Adult FS	3:30-4:30 pm Juvenile & Up FS 4:40-5:40 pm Pre Juvenile & Up FS 5:40-6:30 pm Beginner to Adult FS 6:40-7:40 pm Beginner/Juvenile FS	3:30-4:30 pm Juvenile & Up FS 4:40-5:40 pm Pre Juvenile & Up FS 5:40-6:30 pm Beginner to Adult FS 6:40-7:25 pm Beg & Up FS	9:20-10:20 am Beginner to Adult FS 12:00-1:00 pm Beg/Juv FS 1:55-2:55 pm Beg/Juv FS *2:55-3:40 pm Beg/Juv FS (4/11-18-25, 5/2-9-16-23-30 only)

**MONDAY/TUESDAY/WEDNESDAY/THURSDAY/FRIDAY DAYTIME ICE SCHEDULE**

Club Daytime Ice: 6:30-9:30 am Beginner/Intermediate FS & 1:15-3:30 pm PJ & Up FS ~ Director Daytime Open FS: 10:15 am -1:15 pm

**Please highlight the sessions above that you are contracting and keep this schedule for your records**

<b>St. Paul FSC Membership</b> Skaters must be members of the St. Paul FSC to contract ice or to buy random ice. Pro rated Spring Membership is \$25. Memberships for the 2009/2010 skating season are renewed June 1.	<b>Safety Class followed by a Pot Luck Supper.</b> <b>On ice for Skaters – In Bleachers for Parents</b> <i>Class will be taught by Coaching Staff. It will cover On Ice Safety &amp; Efficient Practicing Tips, designed to help skaters stay safe &amp; make the most of their time on the ice. There will a time for questions at the end of the class and during the Pot Luck Supper immediately following. Plan to attend &amp; bring a dish to pass. Beverages provided</i>	<b>Checking In for sessions</b> Parents & skaters need to be more accountable for ice time skated, Skaters are responsible for signing in before every session. The sign in book is by the entry door to the ice to make it convenient for the skaters. Coaches will be monitoring the sign in process. Skaters not complying will be asked to leave the ice to sign in the first time they don't comply. The second time, skaters not complying will be removed from the ice for the balance of that session.
<b>Spring Billing Schedule</b> 1/3 due with the contract; 1/3 due 4/1; 1/3 due 5/1. Statements are sent each month. Current accounts must be paid in full before Spring contract starts.	<b>eMOTION Workshop!!!</b> Don't miss Tara Stamm's workshop utilizing figure skating techniques of edge, speed and ease & flow of movement to create a theme or emotion, or tell a story, enhanced by music.	<b>Random Ice &amp; Banked Ice Exchange Fee</b> Random ice charge is at \$5 over contract; banked ice fee is \$1 for 10 transactions, \$3 for balance.
<b>Test Sessions</b> Test sessions are tentatively scheduled for: Thursdays – March 12, April 16, and May 14. Accounts are credited for ice used for testing. Test schedule will be posted at the arena. Look for it prior to test days listed.	<b>Pleasant Academy Sessions</b> Monday & Wednesday Sessions include a 30 minute ballet/off ice movement session before the Academy ice session; Saturday Session includes a 30 minute on ice edge class. Price includes ice and instructor fees for both portions of the session. Tuesday & Thursday Sessions are on ice class only. Classes maybe purchased separately – see contract for details.	<b>Lockers</b> Empty lockers are available for no charge. Skaters provide own lock.
<b>Freestyles</b> 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.	<b>Director Daytime 10:15-1:15 Open FS Session</b> Offered Monday through Friday and open to all skaters. Sign up on Director Daytime Open FS Sheets. You will be billed \$10 each day you skate during the 10:15 am-1:15 pm time period or purchase a monthly pass for \$125. Pass good only for 10:15 am-1:15 pm time period. No banking or exchanging privileges on 10:15-1:15 ice time.	<b>A Quick Off Ice Review</b> It is expected that skaters show respect for themselves, others, and arena property when not on the ice. We are the primary tenant of Pleasant Arena. Please be good stewards of the building. It is in our best interest to keep it clean.
<b>Edge Classes &amp; Off Ice Classes</b> Watch the newsletter & sign up sheets at the rink for information on Off Ice classes at Pleasant Arena. Check with your coach to determine which class is appropriate for your skater.		<b>A Quick On Ice Review</b> Each new contract period begins with a period of adjustment while new skaters become acclimated to the flow of the freestyles. Please remember: 1. If not in motion, you should be touching the boards. 2. Spin on the jumping harness end if your music isn't playing. 3. Program skater has right of way. 4. Look both ways before skating away from the boards
<b>Skate for Fun Family Pass ~ no 3/5 &amp; 3/12</b> <i>Pass good for Thursday 7:35-8:20 pm Mar 19 through Jun 4 &amp; is limited to family members residing in same household. Cost is \$108 or \$10 per time.</i>		