



Northwoods Figure Skating Club 2009 – 2010 Skating Season Course Descriptions

Basic Skills – 60 minute lesson:

NFSC's core course is open to beginner skaters. Skaters will learn the basic elements of Figure Skating from NFSC professional staff. Skaters are divided into groups based on their skating level and work on elements in their skill level throughout the session. Periodically, skaters will be evaluated on the selected elements and if these elements have been mastered, the skater will advance into the next Basic Skills level. Basic Skills offers eight different skating levels along with three Snowplow Sam levels. **Course offered at Cumberland, Rice Lake and Spooner rinks**

Junior Champions – 30 minute lesson:

Participants will be instructed in one of the six Freeskate levels and learn fundamental elements in each level. Members must have passed Basic Skills 8 or equivalent to attend this session. Periodically, skaters will be evaluated on the selected elements and if these elements have been mastered, the skater will advance into the next Freeskate level. **Course offered at Cumberland, Rice Lake and Spooner rinks**

Freestyle – 60 minute open lesson time:

This time is best utilized by skaters that want to enhance their skating skills by practicing individually what they have learned in class. This time is also available for a skater who wishes to have a private or semi private lesson with a coach, work on upcoming test and competitions. Skaters are able to purchase punch cards which can be used at any of the three rinks freestyle ice times. Skaters that have left over punch cards from the year would be allowed to use up their punches. 30 minute sessions or half a punch won't be permitted. **Course offered at Cumberland, Rice Lake and Spooner rinks.**

J.E.M.S Seminar – 30 Minute lesson:

This is a specialized thirty minute seminar offered each week. During this elective class, participants will focus entirely on one of the **JEMS principles for becoming a skating star: Jumps, Edgework, Moves in the Field and Spins**. This class is open to all members of the club. Class will be divided up into two groups based on current skating level. **Class will be led by guest coach Peter Biver in Rice Lake and by professional NFSC staff in Cumberland.** Coach Peter Biver is a two-time U.S. Figure Skating Gold Medalist (Moves and Freestyle) and a three-time U.S. Eastern Sectional competitor in pairs who also toured with Holiday on Ice. Peter is rated by the Professional Skaters Association and is also a registered coach with U.S. Figure Skating. **Course offered at Rice Lake and Cumberland rinks.**

Choreography/Musical Interpretation Class – 30 minute lesson:

This is a specialized thirty minute seminar offered each week. If you are participating in this years' ice show, training for an upcoming competition or just want to learn fun movements on the ice, this elective class is for you!! Choreography class is designed to educate skaters on the principles and philosophy of choreography and to give them a foundation in basic body alignment, movement and line. By incorporating this class in conjunction with our other offered courses, our skater athletes will achieve a complete training package. Class will be divided up into two groups based on current skating level. **Class will be led by guest coach Alison Wade and professional NFSC staff.** Coach Alison Wade has coached throughout the country for over 20 years, is a member of PSA, USFS and Gold Certified Judge and Instructor in ISI. Alison has been a featured skater in numerous television commercials and skated in "Legends on Ice" with Dorothy Hamill, Tai Babilonia and Randy Gardner. **Course offered at Spooner Rink only.**

Any questions, please contact:

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