

LEISURE LINE ONLINE • Winter/Spring 2017

Leisure Line online at www.stpetersmo.net/leisure-line



Ice Skating Classes

REVISED:
11-16-16

LEARN TO SKATE

Course fees may vary according to the number of classes offered.

Classes with less than five skaters may be cancelled or combined with a similar skill level.

January Semester - Starts January 4-10, 2017

Saturdays / 7-week Semester

\$83 Passholder • \$93 General Public

Weekdays / 8-week Semester

\$95 Passholder • \$105 General Public

No classes January 13-15, 2017

March Semester - Starts March 1-7, 2017

Saturdays / 9-week Semester

\$106 Passholder • \$116 General Public

Weekdays / 10-week Semester

\$118 Passholder • \$128 General Public

No classes March 10-12 and April 15-16, 2017

Ice skating is a fun and exciting way to exercise, and the Rec-Plex is a great place to lace up and learn.

Our instructors will teach you skills developed by the Ice Skating Institute (ISI), a leading national ice industry trade association. You can learn to skate or improve your skills. Students will also have the opportunity to perform during Rec-Plex ice shows.

We have classes for all ages and a variety of skill levels. All classes are 30 minutes in length, and we'll provide skates if you need them. Classes meet at the Rec-Plex North Ice Arena, unless your class description says otherwise.

Snowball through Delta students

receive FREE ADMISSION to all Rec-Plex public sessions for the duration of their registered course. Your course registration receipt must be shown to the front desk and skate rental counter to gain admission.

SNOWBALL SKATING – AGE 3

SNOWBALL 1

Your 3-year-old child will be introduced to the ice in a fun and game-oriented class with the help of skating aids. Students learn to stand on their own, get up from a fall, and forward skating basics.

44401	1/7/17	Sat	11:15 - 11:45 am
44402	1/10/17	Tue	5:45 - 6:15 pm
44403	3/4/17	Sat	11:15 - 11:45 am
44404	3/7/17	Tue	5:45 - 6:15 pm

SNOWBALL 2

For 3-year-olds who have completed the Snowball 1 class. Skaters should be able to stand on their own and comfortably participate in an instructional environment. Forward two-foot and one-foot skating skills are developed while stopping techniques are introduced.

44405	1/7/17	Sat	11:15 - 11:45 am
44406	1/10/17	Tue	5:45 - 6:15 pm
44407	3/4/17	Sat	11:15 - 11:45 am
44408	3/7/17	Tue	5:45 - 6:15 pm

SNOWBALL 3

For 3-year-olds who have completed the Snowball 2 class. Skaters will further develop and strengthen their forward skating and stopping skills while backward skating is introduced.

44409	1/7/17	Sat	11:15 - 11:45 am
44410	3/4/17	Sat	11:15 - 11:45 am

TOT SKATING – AGES 4-5

TOT 1

Students ages 4 and 5 are introduced to the ice in a fun and game-oriented environment. The class works on forward skating and stopping skills.

44411	1/7/17	Sat	10:45 - 11:15 am
44412	1/7/17	Sat	11:45 - 12:15 pm
44413	1/10/17	Tue	5:15 - 5:45 pm
44414	1/10/17	Tue	6:15 - 6:45 pm
44415	3/4/17	Sat	10:45 - 11:15 am
44416	3/4/17	Sat	11:45 - 12:15 pm
44417	3/7/17	Tue	5:15 - 5:45 pm
44418	3/7/17	Tue	6:15 - 6:45 pm

TOT 2

Students ages 4 and 5 further develop forward skating skills and learn backward skating. Prerequisite: Complete Tot 1 class.

44419	1/7/17	Sat	11:15 - 11:45 am
44420	1/10/17	Tue	5:15 - 5:45 pm
44421	3/4/17	Sat	11:15 - 11:45 am
44422	3/7/17	Tue	5:15 - 5:45 pm

TOT 3

Students ages 4 and 5 further develop their backward skating and learn more advanced forward skating skills. Prerequisite: Complete Tot 2 class.

44423	1/7/17	Sat	11:15 - 11:45 am
44424	3/4/17	Sat	11:15 - 11:45 am



Ice Skating Classes

BASIC 1 SKATING

For skaters who are new to the ice, and/or have not had previous formal ice skating instruction. Basic forward skating and stopping skills are taught along with balancing on one and two feet. This course teaches the foundations upon which more complex skating skills are developed.

AGES 6-8

44425	1/7/17	Sat	10:45 - 11:15 am
44426	1/7/17	Sat	11:45 - 12:15 pm
44427	1/10/17	Tue	6:45 - 7:15 pm
44428	1/10/17	Tue	6:45 - 7:15 pm
44429	3/4/17	Sat	10:45 - 11:15 am
44430	3/4/17	Sat	11:45 - 12:15 pm
44431	3/7/17	Tue	6:45 - 7:15 pm
44432	3/7/17	Tue	6:45 - 7:15 pm

AGES 9-15

44433	1/7/17	Sat	11:45 - 12:15 pm
44434	1/10/17	Tue	6:45 - 7:15 pm
44435	3/4/17	Sat	11:45 - 12:15 pm
44436	3/7/17	Tue	6:45 - 7:15 pm

ADULT

44475	1/10/17	Tue	6:45 - 7:15 pm
44476	3/7/17	Tue	6:45 - 7:15 pm

PRE-ALPHA SKATING

Skaters further develop forward and backward skating skills, and learn edge quality and stopping techniques. Prerequisite: Complete Basic 1 class.

Ages 5-8

44445	1/7/17	Sat	11:45 - 12:15 pm
44446	1/10/17	Tue	6:15 - 6:45 pm
44447	3/4/17	Sa	11:45 - 12:15 pm
44448	3/7/17	Tue	6:15 - 6:45 pm

Ages 9-15

44449	1/7/17	Sat	11:45 - 12:15 pm
44450	1/10/17	Tue	6:15 - 6:45 pm
44451	3/4/17	Sat	11:45 - 12:15 pm
44452	3/7/17	Tue	6:15 - 6:45 pm

DROP-IN ELIGIBLE CLASSES

\$15.50/Passholder
\$17/General Public

DROP-IN ELIGIBLE

Look for the DROP-IN ELIGIBLE symbol in this section for classes that offer this option. Skater must provide a paid receipt from the front desk to the instructor BEFORE the class begins. The class must have three or more registered students. Drop-in skaters are responsible for checking on the status of the class and any prerequisites prior to attending. Instructors will make reasonable accommodations for drop-in skaters without compromising the general flow and pace of the overall class.

ADULT WORKSHOP

For skaters who have completed the Basic 1 Adult class, or equivalent. In this workshop skaters will work on skills specific to their current level. Class will be divided into similar skill levels as needed.

44477	1/10/17	Tue	6:45 - 7:15 pm	DROP-IN ELIGIBLE
44478	3/7/17	Tue	6:45 - 7:15 pm	

ALPHA SKATING

For skaters **ages 6 - 15** who have completed the Pre-Alpha class. Forward and backward skating skills are further developed while crossovers and stroking are introduced. Skaters should display confidence and control at all times. Prerequisite: Complete Pre-Alpha class.

44441	1/7/17	Sat	10:45 - 11:15 am
44442	1/10/17	Tue	6:15 - 6:45 pm
44443	3/4/17	Sat	10:45 - 11:15 am
44444	3/7/17	Tue	6:15 - 6:45 pm

BETA SKATING

Students **ages 6 to 15** learn and develop backward crossovers and stroking, as well as T-stops. Skaters should be able to skate smoothly and fluently without toe-picking prior to enrolling in this class. Prerequisite: Pass ISI Alpha test, class or equivalent.

44453	1/7/17	Sat	10:45 - 11:15 am
44454	1/10/17	Tue	6:15 - 6:45 pm
44455	3/4/17	Sat	10:45 - 11:15 am
44456	3/7/17	Tue	6:15 - 6:45 pm

GAMMA SKATING

Students **ages 6 to 15** learn more complex skating skills, including methods of turning such as three turns and mohawks. Skaters should be able to skate backward smoothly and fluently (including while doing crossovers) prior to enrolling in this class. Prerequisite: Pass ISI Beta test, class or equivalent.

44457	1/7/17	Sat	11:45 - 12:15 pm
44458	1/10/17	Tue	6:15 - 6:45 pm
44459	3/4/17	Sat	11:45 - 12:15 pm
44460	3/7/17	Tue	6:15 - 6:45 pm

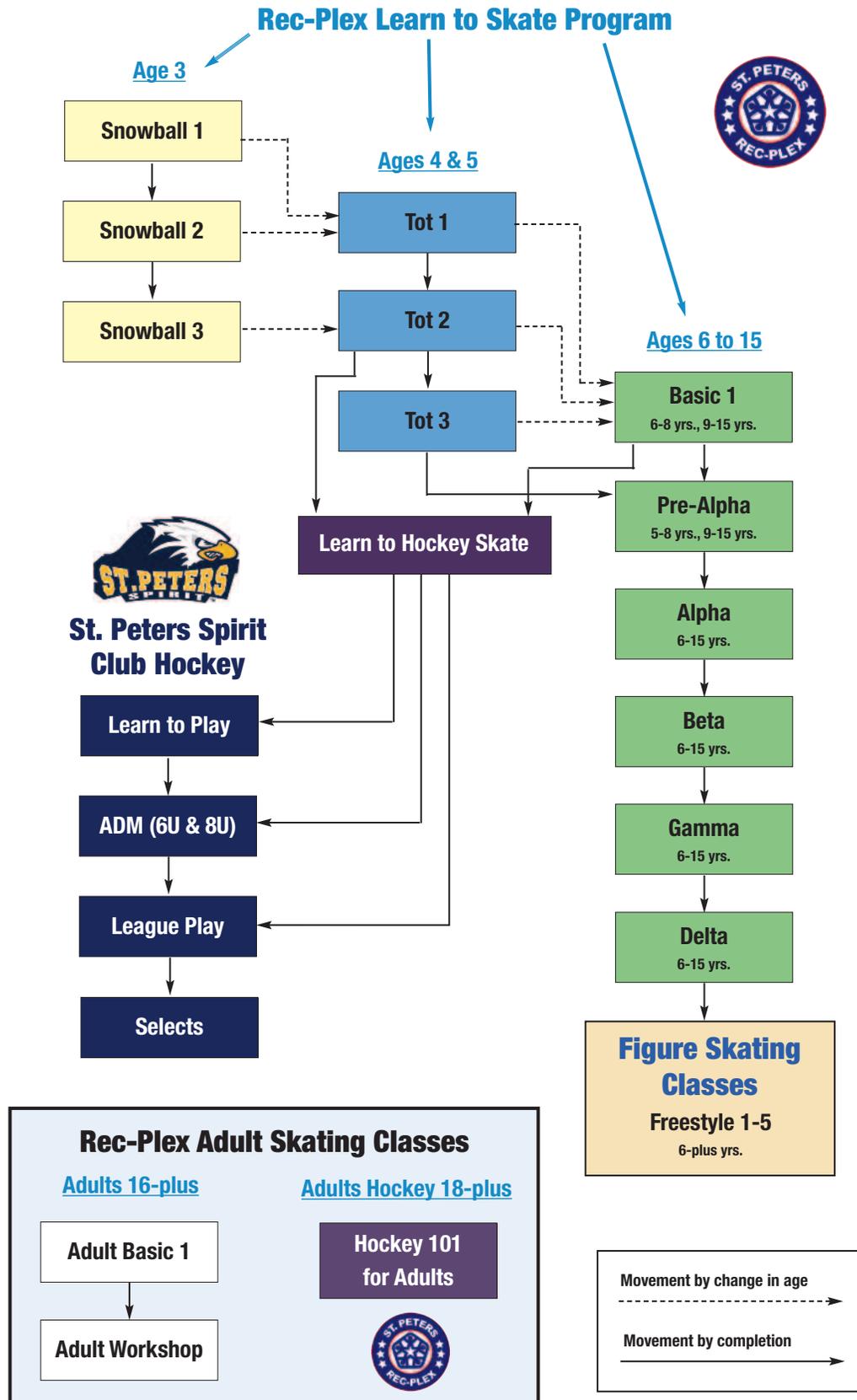
DELTA SKATING

Students **ages 6 to 15** learn forward and backward edges, advanced turns and basic freestyle moves. Skaters should be able to skate confidently, fluently and smoothly, while turning easily from forward to backward, prior to enrolling in this class. Prerequisite: Pass ISI Gamma test, class or equivalent.

44461	1/7/17	Sat	11:45 - 12:15 pm
44462	1/10/17	Tue	6:15 - 6:45 pm
44463	3/4/17	Sat	11:45 - 12:15 pm
44464	3/7/17	Tue	6:15 - 6:45 pm

Which **SKATING CLASS** is right for you?

Follow the chart to figure out which ice skating class at the St. Peters Rec-Plex is right for you or your child.





Ice Skating Classes

FREESTYLE 1 SKATING

Learn beginning jumps, two-foot spins and forward connecting movements. Prerequisite: Pass ISI Delta test, class, or equivalent.

44465 1/10/17 Tue 5:45 - 6:15 pm
44466 3/7/17 Tue 5:45 - 6:15 pm

**DROP-IN
ELIGIBLE**

FREESTYLE 2 SKATING

Learn one-foot spins, introductory jumps and connecting moves. Prerequisite: Pass ISI Freestyle 1 test, class or equivalent.

44467 1/10/17 Tue 5:45 - 6:15 pm
44468 3/7/17 Tue 5:45 - 6:15 pm

**DROP-IN
ELIGIBLE**

FREESTYLE 3 SKATING

Learn full-rotation jumps, jump combinations, change foot spins and backward spirals. Prerequisite: Pass ISI Freestyle 2 test, class or equivalent.

44469 1/10/17 Tue 5:15 - 5:45 pm
44470 3/7/17 Tue 5:15 - 5:45 pm

**DROP-IN
ELIGIBLE**

FREESTYLE 4 SKATING

Learn loop & flip jumps, jump combos, sit spins, change foot spins and backward spirals. Prerequisite: Pass ISI Freestyle 3 test.

44471 1/10/17 Tue 5:15 - 5:45 pm
44472 3/7/17 Tue 5:15 - 5:45 pm

**DROP-IN
ELIGIBLE**

FREESTYLE 5 SKATING

Learn multi-revolution jumps such as axels, camel spins, spin combos and jump combinations. Prerequisite: Pass ISI Freestyle 4 test.

44473 1/10/17 Tue 5:15 - 5:45 pm
44474 3/7/17 Tue 5:15 - 5:45 pm

**DROP-IN
ELIGIBLE**



DOUBLE JUMPS

This class is designed to help the advanced skater with rotation, strength and jump technique while working on double jumps. Skaters must have passed the ISI Freestyle 5 test or higher.

44479 1/10/17 Tue 5:15 - 5:45 pm
44480 3/7/17 Tue 5:15 - 5:45 pm

**DROP-IN
ELIGIBLE**

ADVANCED SPINS

This class is designed to help the advanced skater with spin techniques and combinations. Proper set-up, centering and positions are stressed. Skaters must have passed ISI Freestyle 5 test or higher.

44481 1/10/17 Tue 5:45 - 6:15 pm
44482 3/7/17 Tue 5:45 - 6:15 pm

**DROP-IN
ELIGIBLE**

INTRO TO SYNCHRO

\$59/Passholder • \$69/Gen. Public

This class introduces ice skaters to team skating skills. Keeping time with music, rhythm and basic synchronized maneuvers are introduced. This class allows skaters an opportunity to see if they might like to join a synchronized team next season. Skaters of all ages and levels may participate.

44516 4/8/17 Sat 10:15 - 10:45 am • 5 wks.



SOLO FREE DANCE

Solo Free Dance is a combination of ice dance skills and freestyle skills. Skaters will learn dance steps and turns, connecting moves, dance spins and jumps, and create steps of their own design. Skaters will also work on dance expression and some partner free dance elements. Prerequisites: Ability to do forward swing rolls, chasses and progressives and backward edges.

44806 1/10/17 Tue 6:45-7:15pm
44807 3/7/17 Tue 6:45-7:15pm



Ice Skating Classes

POWER SKATING SKILLS

**DROP-IN
ELIGIBLE**

Work on proper stroking techniques, forward and backward skating edges, turns, beginning footwork, and fluid connecting movements. You must pass this class to take Silver Power Skating.

44487 1/4/17 Wed 5:15 - 5:45 pm • 8 wks.
\$95/Passholder • \$105/Gen. Public

44488 3/1/17 Wed 5:15 - 5:45 pm • 11 wks.
\$130/Passholder • \$140/Gen. Public

SILVER POWER SKATING

**DROP-IN
ELIGIBLE**

Work on stroking techniques with an emphasis on edge quality, control, conditioning and stamina. Prerequisite: Pass ISI Freestyle 1 test or higher and pass the Power Skating Skills class. This class is for skaters who have not yet tested Pre-Juvenile Moves.

44489 1/4/17 Wed 5:15 - 5:45 pm • 8 wks.
\$95/Passholder • \$105/Gen. Public

44490 3/1/17 Wed 5:15 - 5:45 pm • 11 wks.
\$130/Passholder • \$140/Gen. Public

GOLD POWER SKATING

**DROP-IN
ELIGIBLE**

Skaters incorporate Moves in the Field sequences and footwork skills as they improve their stroking techniques, conditioning and stamina. Prerequisite: USFS Pre-Juvenile Moves.

44491 1/5/17 Thu 6:45 - 7:15 pm • 8 wks.
\$95/Passholder • \$105/Gen. Public

44492 3/2/17 Thu 6:45 - 7:15 pm • 11 wks.
\$130/Passholder • \$140/Gen. Public

PLATINUM POWER SKATING

**DROP-IN
ELIGIBLE**

Improve your stroking technique with emphasis on edge quality, control, conditioning, and stamina. Prerequisite: ISI Freestyle 7 Test or USFS Intermediate moves.

44493 1/7/17 Sat 8:15 - 8:45 am • 7 wks.
\$83/Passholder • \$93/Gen. Public

44494 3/4/17 Sat 8:15 - 8:45 am • 9 wks.
\$106/Passholder • \$116/Gen. Public



MOVES IN THE FIELD WORKSHOP

Skaters will be divided into groups by skill level to learn U.S. Figure Skating Moves in the Field. For skaters who have passed ISI Freestyle 1 test and above.

44485 1/5/17 Thu 5:15 - 5:45 pm • 8 wks.
\$95/Passholder • \$105/Gen. Public

44486 3/2/17 Thu 5:15 - 5:45 pm • 11 wks.
\$130/Passholder • \$140/Gen. Public

**DROP-IN
ELIGIBLE
WITH
COACH'S
PERMISSION**



DJ SKATE!

Dec. 2, Jan. 6 and Feb. 10

Join us for DJ Skate! The lights turn down and the music turns up as DJ Funk Master plays the latest hits along with your special requests. Each event includes games, prizes, and fun for all ages. DJ Skate takes place at the Rec-Plex North Ice Rink from 7-9 p.m. on the dates above.

Cost: Daily admission plus \$3.25 skate rental if needed.

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Ice Skating Packages & Events

FIGURE SKATING PACKAGES **FREESTYLE TICKETS AS LOW AS \$5.54 PER HOUR**

Figure and synchro skaters who want to skate on a regular basis can buy discounted packages with multiple weekly classes and freestyle skate tickets.

Classes/week	Freestyle tickets	Passholder	General Public	Session 1	Session 2
1	10	\$98 + cost of 1 class	\$130 + cost of 1 class	44498	44504
2	15	\$131 + cost of 2 classes	\$180 + cost of 2 classes	44499	44505
3	20	\$159 + cost of 3 classes	\$224 + cost of 3 classes	44500	44506
4	25	\$179 + cost of 4 classes	\$260 + cost of 4 classes	44501	44507
5	30	\$191 + cost of 5 classes	\$288 + cost of 5 classes	44502	44508
6	35	\$194 + cost of 6 classes	\$308 + cost of 6 classes	44503	44509

*NOTE: One skater per package. The selection of courses with higher or lower based fees will increase or decrease the total package price. Online registration is not available. Packages include 60 min. freestyle tickets only. **Does not include Ice Show, Synchro Off-Ice or any discounted/prorated classes. Registration deadline for 1st semester is Jan. 24, and for the 2nd semester is Mar. 21.***

The St. Peters Figure Skating Association
welcomes skaters to participate in Club Ice on Friday evenings.

Visit www.spfsaonline.com

for more information on these practice sessions.

Now through May 12, 2017
North Rink 5:15-6:45 pm

FREESTYLE PRACTICE SESSIONS

The St. Peters Rec-Plex offers the following practice sessions for figure skaters who are practicing advanced skating skills. There is a maximum attendance of 25 skaters for each freestyle. These sessions are offered on a first come/first served basis. First visit to any freestyle session **MUST** be accompanied by a private coach to review freestyle rules.

Skaters should begin their time on the half-hour; i.e. 3:00, 3:30, 4:00, etc.

30 min. • Passholder/\$6.75 • General Public/\$9

60 min. • Passholder/\$10.25 • General Public/\$13.50

Times for Freestyle Practice Sessions are posted online in the Rec-Plex Calendar/Hours page found at www.stpetersmo.net/rec-plex.

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Competitive Skater Program



ELITE LEVEL

- 2 Off-Ice Conditioning Classes
- 1 Off-Ice Jump Technique Class
- 2 Power Skating Classes
- 1 Ballet Class
- 1 Jumps Class
- 1 Spins Class
- Freestyle Option Package

PREMIER LEVEL

- 2 Off-Ice Conditioning Classes
- 1 Off-Ice Jump Technique Class or Ballet Class
- 1 Power Skating Class
- 1 Jumps class
- 1 Spins class
- Freestyle Option Package

SELECT LEVEL

- 1 Off-Ice Conditioning Class
- 1 Off-Ice Jump Technique Class or Ballet Class
- 1 Power Skating Class
- 1 Jumps or Spins class
- Freestyle Option Package

Not all classes available each semester.

The Rec-Plex coaching staff has developed the Rec-Plex Competition Program for those skaters who desire to achieve a higher competitive level of skating.

The following are class recommendations for the competitive skater who is choosing to make a higher commitment to the sport. Additional freestyle option packages are available for those skaters participating in multiple weekly classes.

Questions about what level each skater is best suited for should be directed to the skater's private coach. Skaters without a private coach should contact kgrate@stpetersmo.net.

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Synchronized Skating Classes

Synchronized Skating classes introduce skaters to team skating with music. We emphasize posture, presentation, keeping time to music, and performance. Each team works toward performing in skating competitions. Skating team season runs June through May, and formation team season runs Sept. through

May. Regular class attendance is mandatory. Skaters selected to these teams must purchase a team uniform, however, purchase of uniform does not guarantee performance privileges. Skaters and parents are required to complete a synchronized team commitment agreement prior to being placed on a team.



Diamond Edges • Ice Gems • Jade Blades • Onyx Ice • Emerald Blades

For more information about becoming a member of a Rec-Plex synchro team, please email sslcoaches@yahoo.com.



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Spring Ice Show

Tales of Arabian Nights

Join the Genie and his friends for our 23rd annual Spring Ice Show!

We're off on a magic carpet ride for this on-ice production featuring costumes, lighting, scenery, and props. From beginner to advanced level skaters, ages 3 to adult, anyone can participate! Skaters should register based on their current class or ISI test level and will be divided into groups. Group costume rental cost is included with registration fees. Skaters may be asked to provide simple costume pieces such as tights or pants. Group skaters may be asked to attend an additional Monday rehearsal at 7:30 p.m. for extra choreography.

Featured Performers

Skaters registered for a group performance may have the opportunity to perform as a featured performer in a solo, duet or small group role. Featured performer roles are assigned based on ISI test level from skaters who are currently taking private lessons at the Rec-Plex. This optional role requires additional fees for ice time, costumes, and private lessons. Featured performers must be available on April 3 & 10 from 5:15-6pm and on Mondays at 7:30 p.m. for additional choreography as needed.

Registration

- Early Bird Registration: Oct. 31 – Dec. 17, \$73
- Registration: Dec. 18 – Jan. 28, \$83
- Family Discount: \$10 off each additional registration for immediate family.
- Show fees are non-refundable.

Important Dates All rehearsals are mandatory.

Snowball – Freestyle 4 Class skaters

Begin Monday, April 3. 6 weeks, 30 min rehearsals between 6-7:30 p.m.

- 44384 Snowball/Tots
- 44385 Basic 1/Pre-Alpha
- 44386 Alpha/Beta
- 44387 Gamma/delta
- 44388 Freestyle 1
- 44389 Freestyle 2
- 44390 Freestyle 3
- 44391 Freestyle 4 CLASS
- 44394 Adults

Freestyle 4 test skaters and up

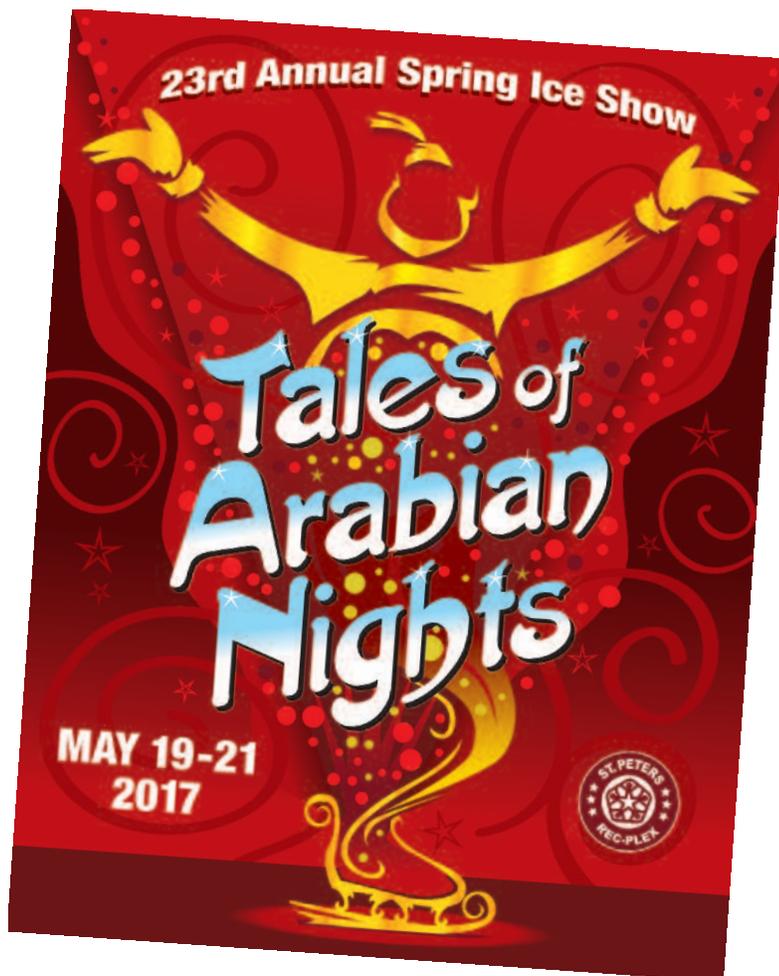
Begin Monday, April 17. 4 weeks, 45 min rehearsals, 5:15-6pm

- 44392 Freestyle 4 TEST
- 44393 Freestyle 5 TEST & UP

Technical Rehearsal: Sat. May 13, 2:45-5:45 p.m.

Dress Rehearsal: Mon. May 15, 5-7:30 p.m.

Performance Dates: May 19-21, 2017



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