

## Annual Rock N' Roll Extravaganza

# J.S.J. Summer Freestyle Session

This summer, Fairfax Ice Arena will offer a seven-week freestyle program session for Gamma through Freestyle 6 skating levels. This freestyle program is for ages 7-15.

### *Day, Dates, and Skating Schedule*

WEDNESDAY: ROCK N' ROLL FREESTYLE SESSION

INCLUDES: ★ Instruction ★ Ice Time ★ Ice Show Recital and Practices ★ 4 Practice Sessions (good for public skating) ★ Rental Skates

**STARTING DATE: Wednesday, June 30 for 8 Weeks**

### *Class Schedule*

#### JUNIOR LEVEL – GAMMA-FREESTYLE 2

6:30–7:00 pm FREESTYLE PROGRAM  
7:05–7:20 pm STROKING  
7:20–7:50 pm FUNDAMENTALS OF SKATING

#### SENIOR LEVEL – FREESTYLE 3–6

7:05–7:20 pm STROKING  
7:20–7:50 pm FUNDAMENTALS OF SKATING  
7:50–8:20 pm FREESTYLE PROGRAM

### *Class Descriptions*

#### Freestyle Program Lesson

Gamma-Freestyle 1 level skaters will learn and practice a freestyle program. During these program lessons each skater will learn how to connect different maneuvers in an interesting program, skated to music.

#### Rock N' Roll Stroking Class

These classes will improve each students' edges, footwork and stroking techniques. The objective for these classes is to strengthen each skater's individual skating skills.

#### Fundamentals of Skating

Each week the coaching staff will concentrate on the fundamentals of skating, taught in a clinic format. Students will be grouped by skating level, and will receive concentrated instruction on a particular skating maneuver each week that will include: Jumps, Spins, Spirals Variations, Turns Dance Step, Uncaptured Moves, Jumps and Spins, Recital Opening and Closing, Ice Show Recital - subject to change.

**MUSIC:** Choose your own music from our music list.

**INTERPRETIVE PROGRAM:** Each student will have total control over the design of their program and music under the direction of an instructor.

**EARN YOUR FREESTYLE BADGE:** Many students have completed the maneuvers of their freestyle level in a freestyle class and have registered for the next higher freestyle level. However, you can not receive your ISI freestyle patch until you complete a program. During the class, your instructor will be able to test you for the program, so you can receive the freestyle badge.

### *Recital*

RECITAL WILL BE HELD AUGUST 18, 7:15-8:15 PM

The Recital theme will be Rock N' Roll Music from the 50's, 60's, 70's, 80's, 90's and 00's! Each skater will be able to perform their skating program or skate in the opening and closing of the skating recital.

### *Freestyle Session Objective*

This Freestyle session will greatly enhance each skaters' overall skating quality and prepare each skater with the skills to skate a Freestyle program, while enjoying the excitement & fun of freeskating to music. This skating session has been developed for recreational skaters at Fairfax Ice Arena who are entering the Gamma through Freestyle 6 skating levels that would like to further their skating ability and skating enjoyment by learning a freestyle program.

### *Limited Enrollment per Session*

Save \$7.00 when enrolled in Summer Group Lessons for 7, 8, or 11 weeks!

8 Weeks of Freestyle Session –

Cost: ONLY \$164.00 or \$157.00 when enrolled in Summer classes

Missed Classes – students will receive \$10.00 per class credit for missed classes. Credit issued last class. Limit 2 class credit.

We also highly recommend enrollment in ice skating lessons while enrolled in the Rock N' Roll Freestyle.

REGISTRATION AT THE LESSON OFFICE



Don't Miss Fairfax Ice Arena's

*Annual J.S.J. Summer Skating School*

**Begins August 23** – Inquire at Lesson Office for Brochure

Fairfax Ice Arena ★ 3779 Pickett Road ★ Fairfax, VA ★ 703-323-1132