



# FIGURE SKATING CLASSES

September 18 - October 26

Enrollment closes 9/17

FIGURE SKATING Questions:  
skating@kroccenterice.com

Weekly Lesson

Public Skating Included

Join Our Skating Team  
\$5 off Classes  
\$10 off Workshops

### SKATE 1

WED 5:15-5:45PM  
FRI 5:15-5:45 PM  
SAT 12:30-1:00 PM

### SKATE 2

WED 5:45-6:15 PM  
FRI 5:15-5:45 PM  
SAT 12:30-1:00 PM

### SKATE 3

WED 5:45-6:15 PM  
FRI 5:15-5:45 PM  
SAT 11:30-12:00 PM

### SKATE 4

WED 5:45-6:15 PM  
SAT 11:30-12:00 PM

### SKATE 5

WED 5:45-6:15 PM  
SAT 11:30-12:00 PM

### SKATE 6

WED 5:45-6:15 PM  
SAT 12:30-1:00 PM

### SKATE 7

WED 6:15-6:45 PM  
SAT 12:30-1:00 PM

### SKATE 8

WED 6:15-6:45 PM  
SAT 12:00-12:30 PM

### SKATE 9

WED 6:15-6:45 PM  
SAT 12:00-12:30 PM

### SKATE 10

WED 6:15-6:45 PM  
SAT 12:00-12:30 PM

### JUMP & SPIN 1

WED 6:15-6:45 PM  
SAT 12:00-12:30 PM

### JUMP & SPIN 2-4

WED 6:45-6:45 PM  
SAT 12:00-12:30 PM

### JUMP & SPIN 5-7

SAT 12:00-12:30 PM

### JUMP & SPIN 8-10

SAT 11:30-12:00 PM

### BALLET ON ICE

Open to all Jump & Spin skaters.

WED 5:45-6:15 PM

### EDGES & FOOTWORK

Open to all Jump & Spin skaters.

WED 6:15-6:45 PM

Ages 14+

### TEEN/ADULT INTERMEDIATE

WED 6:45-7:15 PM  
SAT 11:30-12:00 PM

### TEEN/ADULT ADVANCED

WED 6:45-7:15 PM  
SAT 11:30-12:00 PM

Adult skaters graduate to Jump & Spin classes when ready.

### WORKSHOPS

TEAM members receive \$10 off Workshops

### CARDIO SKATE

SAT 11:00-11:30 AM

Open to Figure Skaters & Hockey Players. Skaters must be comfortable skating forward & backward.

Wear: Athletic Ware Bring: Water

### SPIN

WED 5:15-5:45 PM

Workshop will focus on the foundation of a good spin. Beginner: Open to skaters Skate 1 + Advanced: Open to Jump & Spin

### FREE SKATING TEAM WORKSHOPS

### OFF ICE FITNESS

SAT 10:00-10:30AM

All ages & fitness levels. Adult skaters & parents welcome!

Wear: Athletic Shoes Bring: Water

### TEAM SKATE

SAT 10:45-11:00AM

Reserved "on ice" practice time for Kroc Center Ice Team Members

#### Cashier hours:

Mondays 2-8pm  
Wednesdays 10-8pm  
Fridays 10-7pm  
Saturdays 10-4pm

# \$108 / 6 weeks

New classes start every 6 weeks - Sign up now to reserve your class.

## CLASS SCHEDULE

SEPTEMBER 18 - OCTOBER 26

### WEDNESDAYS

#### SEPTEMBER

9 / 18

9 / 25

#### OCTOBER

10 / 2

10 / 9

10 / 16

10 / 23

### FRIDAYS

#### SEPTEMBER

9 / 20

9 / 27

#### OCTOBER

10 / 4

10 / 11

10 / 18

10 / 25

### SATURDAYS

#### SEPTEMBER

9 / 21

9 / 28

#### OCTOBER

10 / 5

10 / 12

10 / 19

10 / 26

### CLASS TIPS

- ARRIVE AT LEAST 15-20 MINUTES EARLY - GIVE YOURSELF TIME TO PUT SKATES ON AND WARM UP WITH CLASS
- PRACTICE SKILLS LEARNED ON PUBLIC SKATING SESSIONS
- HELMET USE IS ENCOURAGED (Skateboard/Rollerblade style)
- THIN SOCKS/NYLONS ARE BEST - THICK SOCKS CAN CAUSE BLISTERS
- WEAR WARM ATHLETIC CLOTHING & GLOVES
- ACQUIRING NEW SKILLS TAKES PATIENCE - HAVE FUN!
- CONTACT US WITH ANY QUESTIONS: skating@kroccenterice.com

## NEXT SESSION STARTS OCTOBER 30TH

### KROC CENTER ICE

6845 University Avenue  
San Diego, CA  
619-269-1504  
Skating Manager: Shaun Bailey