

Skatium Summer 2019 Practice Ice and Specialty Class Program - Updated May 9, 2019

Early Summer

Monday May 27	Tuesday May 28	Wednesday May 29	Thursday May 30	Friday May 31	Saturday June 1	
Closed for Memorial Day	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 3:00-3:45p All Levels FS 3:45-4:45p All Levels FS 4:45-5:45p All Levels FS	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 3:00-3:45p All Levels FS 3:45-4:45p All Levels FS 4:45-5:45p All Levels FS	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 3:00-3:45p All Levels FS 3:45-4:45p All Levels FS 4:45-5:45p All Levels FS	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 3:00-3:45p All Levels FS 3:45-4:45p All Levels FS 4:45-5:45p All Levels FS	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 3:00-3:45p All Levels FS 3:45-4:45p All Levels FS 4:45-5:45p All Levels FS	8:00-9:00a All Levels FS 9:10-10:10a All Levels FS 10:20-11:20a All Levels FS
Monday June 3	Tuesday June 4	Wednesday June 5	Thursday June 6	Friday June 7	Saturday June 8	
6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 3:00-3:45p All Levels FS 3:45-4:45p All Levels FS 4:45-5:45p All Levels FS	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 3:00-3:45p All Levels FS 3:45-4:45p All Levels FS 4:45-5:45p All Levels FS	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 3:00-3:45p All Levels FS 3:45-4:45p All Levels FS 4:45-5:45p All Levels FS	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 3:00-3:45p All Levels FS 3:45-4:45p All Levels FS 4:45-5:45p All Levels FS	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 3:00-3:45p All Levels FS 3:45-4:45p All Levels FS 4:45-5:45p All Levels FS	8:00-9:00a All Levels FS 9:10-10:10a All Levels FS 10:20-11:20a All Levels FS	
Monday June 10	Tuesday June 11	Wednesday June 12	Thursday June 13	Friday June 14	Saturday June 15	
6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 12:00-1:00p All Levels FS 4:15-5:15p All Levels FS 5:15-6:15p All Levels FS	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 12:00-1:00p All Levels FS 1:15-1:45p All Levels FS 1:45-2:45p All Levels FS 4:15-5:15p All Levels FS 5:15-6:15p All Levels FS	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 12:00-1:00p All Levels FS 1:15-1:45p All Levels FS 1:45-2:45p All Levels FS 4:15-5:15p All Levels FS 5:15-6:15p All Levels FS 6:30-7:15p All Levels FS 7:15-8:15p All Levels FS	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 12:00-1:00p All Levels FS 1:15-1:45p All Levels FS 1:45-2:45p All Levels FS	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 12:00-1:00p All Levels FS 1:15-1:45p All Levels FS 1:45-2:45p All Levels FS 4:10-5:10p All Levels FS 5:20-6:20p All Levels FS	8:00-9:00a All Levels FS 9:10-10:10a All Levels FS 10:20-11:20a All Levels FS	

Summer Practice Ice: June 17 - August 17

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 8:15-8:45a High Power 8:45-9:30a Edges	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 8:15-8:45a High Jump 8:45-9:30a Spin	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 8:15-8:45a High MIF 8:45-9:30a Power	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 8:15-8:45a High Spin 8:45-9:30a Jump	6:00-7:00a All Levels FS 7:00-8:00a All Levels FS 8:15-8:45a High Power 8:45-9:30a Edges	8:00-9:00a All Levels FS
10:00-10:45a Off Ice-Conditioning 10:45-11:30a Off Ice-Stretching and Core	10:00-10:45a Off Ice-Conditioning 10:45-11:30a Off Ice-Creative Movement	10:00-10:45a Off Ice-Conditioning 10:45-11:30a Off Ice-Spin w/Spinners	10:00-10:45a Off Ice-Conditioning 10:45-11:30a Off Ice-Strength & Stability	10:00-10:45a Off Ice-Conditioning 10:45-11:30a Off Ice-Jumps & Rotation	
12:00-12:30p Jump 12:30-1:00p Spin 4:15-5:15p All Levels FS 5:30-6:30p All Levels FS	12:00-1:00p MIF/Edges 1:00-1:45p Power 1:45-2:45p All Levels FS 4:15-5:15p All Levels FS 5:30-6:30p All Levels FS	12:00-1:00p Spin 1:00-1:40p Jump 1:50-2:50p All Levels FS 2:50-3:50p All Levels FS 7:15-8:15p All Levels FS	12:00-1:00p Power/Technique 1:00-1:45p MIF/Edges 1:45-2:45p All Levels FS	12:00-1:00p Jump 1:00-1:45p Program Practice 1:45-2:45p All Levels FS 4:10-5:10p All Levels FS 5:20-6:20p All Levels FS	

The Skatium will be closed on Monday, May 27 for Memorial Day and Thursday, July 4th for Independence Day. There will be no practice ice or specialty classes on those days.

Specialty On Ice Classes

Power: Work on stamina, speed and power through drills and exercises.

Jumps: Better your jump technique, height, rotation, loop position and landings.

Spin: Get more out of your spin entry, revolutions, spin positions and centering.

MIF/Edges: Learn better skating skills, flow, turns, edge quality and gliding maneuvers.

Program Practice: Skaters will warm up in a group and then run their programs one at a time simulating a competition.



Specialty Off Ice Classes

Conditioning: Increase stamina with cardio work through stations and obstacle courses.

Creative Movement: Ballet, jazz, hip hop, modern, choreography and more!

Spins with Spinners: Learn better spin technique on the floor on your spinner. Bring your spinner with you.

Jumps & Rotation: Improve jump-related muscle memory, rotation, and plyometrics.

Strength & Stability: Better your internal balance and strength. Bring a yoga mat.

Stretching & Core: Lengthen muscles, increase flexibility, and strengthen your core. Bring a yoga mat.

Specialty Classes are divided by level:

High classes are for Free Skate 4 and Up

All other specialty classes are for Pre-Freeskate and Up



Easy cards must be used for these specialty classes.

No advance registration needed.

Don't forget your water bottle!

SKATIUM SUMMER PRACTICE ICE AND SPECIALTY CLASS PROGRAM



The Skatium offers pre-paid swipe cards for use during practice ice and specialty class sessions. The Easy Card must be presented for swiping at the Skatium's front office prior to each session. A minimum of 5 swipes is required when reloading your card. Your card can be reloaded at the Skatium Front Desk, by calling the Skatium office at (847) 929-8500, or online at SkokieParks.org.

Easy Cards are the only form of payment for all morning sessions before 8am and all skaters MUST have a pre-paid card on file at the Skatium office.

It is highly recommended that all specialty classes and freestyle sessions be paid on your prepaid Easy card.

Management reserves the right to implement a pre-registration system should ice become overcrowded.

<u>Program Fees:</u>	<u>With Easy Card</u>	<u>Without Card</u>
30 Min. FS or Specialty Class	\$6 each session	\$8 without card
45 Min. FS or Specialty Class	\$8 each session	\$10 without card
60 Min. FS or Specialty Class	\$10 each session	\$12 without card



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Questions? Email Christine Hathaway at chathaway@skokieparks.org