

# "Skater's" Floor Tech /Conditioning Class

*Strongsville Ice Land*

**2003 - 2004**

September 24<sup>th</sup> - May 19<sup>th</sup>

Wednesday 6:00 pm – 7:00 pm

Instructed by:

**Barbara Ann Fitzgerald**

Triple Gold Medalist USFSA, CFSA, ISU

PSA Master Rated

36 years Coaching Experience

26 years Ballet/Conditioning Instructor

This class is an inclusive and necessary part of the training process for a test/competitive figure skater's total development. The mastery of figure skating requires excellent body alignment, strength and agility, jumping ability, flexibility & stamina. **Skating alone does not train a skater's body.** The class offered is specifically tailored to cross train the figure skater appropriately.

This class is not a supplement, but part of a skater's weekly training schedule.

Included will be: stretching techniques, positioning, body alignment, jumping skills, porte de bra and strength conditioning. **The importance of this class cannot be stressed enough!**

**Figure Skating is Dance on Ice.**

## Proper Attire Required

Leotard, tights or skating dresses & ballet shoes are required. Hair must be secured. **No baggy shirts, sweatshirts etc.**

32 Class Payment Schedule:

\***No** refunds for absence

**Registration fee: \$150.00**

\*Makeup at my discretion

12/3 1<sup>st</sup> Pay - \$117.00

\***This is a full year course.**

**2/25** 2<sup>nd</sup> Pay - \$117.00

\*\* For more information call: telephone # 440-546-9152

**Registration fee due: Sept 20<sup>th</sup>**

**Sept** 24

**Oct** 1,8,15,22,29

**Dec** 3,10,17

**Feb** 4,11,18,25

**Apr** 7,14,21,28

**Nov** 5,12,19,26

**Jan** 7,14,21,28

**Mar** 3,10,17,24,31

May 5,12,19

\*\* Keep this schedule for date/payment reference

**Skater's Floor Tech /Conditioning Classes**  
**Strongsville Ice Land**  
**Application/Contract\***

**Name** \_\_\_\_\_  
**Address** \_\_\_\_\_ **Age** \_\_\_\_\_  
**City** \_\_\_\_\_ **Zip** \_\_\_\_\_ **Tel#(\_\_\_\_)** \_\_\_\_\_

**Parent's signature** \_\_\_\_\_  
**Student's Signature** \_\_\_\_\_  
**Coach** \_\_\_\_\_  
**Skating level** \_\_\_\_\_

Registration enclosed \$ \_\_\_\_\_

- The last payment will be adjusted if there are any unexpected cancellations during the winter season. This course is a full year contract. You are responsible for the total payment.

**\*\*\* Registration fee of \$150.00 due – Sept 20<sup>th</sup>**

Checks mailed to: **Barbara A. Fitzgerald**  
**4595 Pumpkin Lane**  
**Broadview Hts., Ohio 44147**

Questions: 440-546-9152

Email: **Barbara.Fitzgerald@inforad.com**

\_\_\_\_\_ For business use only \_\_\_\_\_

9/20 \_\_\_ deposit    Date rec'd \_\_\_\_\_ check # \_\_\_\_\_ am't \_\_\_\_\_

12/3 \_\_\_ payment due                      Date rec'd \_\_\_\_\_ check # \_\_\_\_\_ am't \_\_\_\_\_

2/25 \_\_\_ payment due                      Date rec'd \_\_\_\_\_ check # \_\_\_\_\_ am't \_\_\_\_\_

