

SUMMER SKATING PACKAGES

GOLD-90 Sessions

Cost: \$950 (\$10.55 per session or class)

SILVER-70 Sessions

Cost: \$770 (\$11.00 per session or class)

BRONZE-40 Sessions

Cost: \$450 (\$11.25 per session or class)

WALK-ON for Freestyle Session, On & Off-Specialty Classes

Cost: \$15 per hour or class CASH

Or

\$12.00 per hour or class PUNCH CARD

50% payment is due with Summer Skating
Registration form, remaining balance is due by
July 1, 2009.

Punch Cards can be purchased for \$120.00 for
10 punches



SUMMER TEST SESSIONS

June 27

July 25

August 22

(Held at Motto McLean Ice Arena)

Blade & Edge Coaching Staff

Brenda Bader

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KathrynNowak@creighton.edu

Mindy Shiben

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MShiben@aol.com

Jenny Turner-Assist Skating Director

680.2368

Gofigure1@cox.net

Roxanne Tyler-Skating Director

630.4387

Icepro1@aol.com

Jerry Wheeler

712.314.4271

Gojw1@aol.com

Go to the Blade & Edge website for
complete bios on the BE Professionals at

www.BladeandEdgeFSC.com



Summer Skating Program 2009

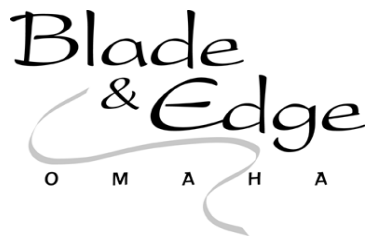


For Additional Information:

402.571.0779

or

www.BladeandEdgeFSC.com



SUMMER SKATING PROGRAM

MOYLAN ICE PLEX
12550 W. MAPLE ROAD

JUNE 8-JULY 30, 2009
(6 Weeks)

Class Days & Times: Monday-Thursday

8:00-9:00 am	Open Freestyle
9:00-10:00 am	Open Freestyle
10:00-10:30 am	On-Ice Cardio Blast
10:45-11:30 am	Off-Ice Class
Monday	Jump Class
Tuesday	Extreme Core
Wednesday	Spin Class
Thursday	Cardio Jam

No Club Ice Available:

- June 29-July 2
- July 13-16

SPECIAL SCHEDULE FOR JULY 20-23

(No On-Ice Cardio Blast for this week)

8:00-9:00 am	Open Freestyle
9:00-10:00 am	Open Freestyle
10:00-10:30 am	NO CLASS!!!!!!
10:15-11:00 am	Off-Ice Class
Monday	Jump Class
Tuesday	Extreme Core
Wednesday	Spin Class
Thursday	Cardio Jam

MOTTO McLEAN

45TH & P STS

JUNE 10-AUGUST 12, 2009
(9 Weeks)

Class Day & Time: Wednesday

5:00-6:00 pm	Open Freestyle
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No Club Ice Available:

- July 1

Group Classes at Motto McLean

Junior Club (On-Ice)

Wednesday Evening

6:00-7:30 pm

Dates: June 3, 10, 17, 24 & July (Skip 1), 8, 15, 22, 29 & August 5, 12

Cost: 10 Week Session for \$200.00 (\$20.00 per class) or Walk-on: \$22.00/CASH

****This class can be used towards the Summer Skating Program package, it will count as 2 classes.****

Rotation Plus a Few FS Moves Class (On-Ice)

Wednesday Evening

6:30-7:30 pm

Dates: June 3, 10, 17, 24 & July (Skip 1), 8, 15, 22, 29 & August 5, 12

Cost: 10 Week Session for \$140.00 (\$14.00 per class) or Walk-on: \$18.00/CASH

****This class can be used towards the Summer Skating Program package, it will count as 1 class.****

Group Classes at Moylan Iceplex

Beyond the Basics (On-Ice)

Monday Evening

6:15-7:15 pm

Dates: June 8, 15, 22 & July 6, 13, 20, 27 & August 3, 10

Cost: 9 Week Session for \$126.00 (\$14.00 per class) or Walk-on: \$18.00/CASH

****This class can be used towards the Summer Skating Program package, it will count as 1 class.****

Saturday Morning

11:15-12:15 pm

Dates: June 20, 27 & July (Skip 4), 11, 18, 25 & August 1, (Skip 8), 15

Cost: 7 Week Session for \$98.00 (\$14.00 per class) or Walk-on: \$18.00/CASH

****This class can be used towards the Summer Skating Program package, it will count as 1 class.****

Rotation Plus a Few FS Moves Class (On-Ice)

Monday Evening

6:15-7:15 pm

Dates: June 8, 15, 22 & July 6, 13, 20, 27 & August 3, 10

Cost: 9 Week Session for \$126.00 (\$14.00 per class) or Walk-on: \$18.00/CASH

****This class can be used towards the Summer Skating Program package, it will count as 1 class.****

Class Descriptions & Qualifications

On-Ice Classes

Beyond the Basics

This class will take you Beyond the Basics, with jumps, spins and other fun and exciting skills within the Freestyle levels. Skaters must have completed USFS Basic 8 Level.

Cardio Blast

This class is designed to improve your endurance and agility during a fun and fast on-ice workout. The power class will be set to music and will incorporate power-stroking, fast pace footwork and strong edges. Skaters must have completed USFS Basic 4 Level.

Junior Club

This class will take you Beyond the Basics, with jumps, spins and other fun and exciting skills within the Freestyle levels. Skaters must have completed USFS Basic 8 Level.

Rotation Plus a Few FS Move Class

This class will be divided into 3 segments; the first beginning with on-ice rotation including assorted spins. The second segment will be air rotation focusing on take-off, air-position and landing of jumps. The final segment will be freestyle moves that will enhance your skating to complete the choreography needed for a great program. Skaters must have completed USFS Freeskat 6.

Off-Ice Classes

Cardio Jam

*This fast paced blast of a class will have you sweating while you jam to some of the hippest music around. Cardio Jam is a diverse class including a combination of: kickboxing, jump roping, tae-bo, and dance, warm-up and cool-down! While grooving to the music, skaters will be building endurance for programs, increasing coordination and strength, and acquire proper exercise techniques. This upbeat class will be fun and beneficial for skaters from basic skills all the way up to the senior level! ****Please note: A jump rope and tennis shoes are needed for this class.**** This class is open to all levels.*

Extreme Core

A progressive class designed for athletes to train and utilize core muscles. Core training is essential for the acceleration of all athletes, as well as injury prevention. This class is encouraged for all levels of skating, from Basic Skills to Elite Competitors. This class is open to all levels.

Jump Class

This class is designed to assist the skater in developing strength and quickness for low to high level jumping. Correct timing is key to learning the jumps on the ice more quickly. Jump class will assist the skater in the process of learning all the jump positions with correct timing, including learning about the forces that create the power needed to do the jumps. This class is open to all levels.

Spin Class

Using the latest "Spinners", this class will increase rotational speed and create more accurate positions in the air, this allows for faster rotations in less time. Increasing the ability to rotate in the air provides the opportunity for skaters to achieve higher levels in their jumping ability. The skater will learn about this axis in the body and how to make all of them work together to increase rotation speed as well as understanding Centrifugal and Centripetal forces and how to work with them. This class is open to all levels.

**BLADE & EDGE
SUMMER SKATING PROGRAM 2009
REGISTRATION FORM**

Name: _____
Address: _____
City/State/Zip: _____
Phone #: _____
Email Address: _____
Parent's Name: _____
Primary Coach: _____

Emergency Contact (Required)
Name: _____
Phone #: _____

Packages & Costs: (please check)

_____ **Gold Package** (\$950/90 sessions)
_____ **Silver Package** (\$770/70 sessions)
_____ **Bronze Package** (\$450/40 sessions)
_____ **Walk-On** (\$15/cash or \$12/punch card)

_____ **Beyond The Basics**-Mondays/Moylan
9 Week Session-\$126.00

_____ **Beyond The Basics**-Saturdays/Moylan
7 Week Session-\$98.00

_____ **Junior Club**-Wednesdays/Motto McLean
10 Week Session-\$200.00

_____ **Rotation Class**-Mondays/Moylan
9 Week Session-\$126.00

_____ **Rotation Class**-Wednesdays/Motto McLean
10 Week Session-\$140.00

Payment Method:

Cash **Check** # _____
(Make checks payable to: Blade & Edge FSC)

Visa, MC, American Express, Discover
CC#: _____

Expiration Date: _____

Zip Code: _____

Signature: _____
(\$50.00 minimum on all credit card purchases)

Total Amount Paid: _____

Total Due by 7/1/09: _____

Mail Registration & Payment to:

BE Summer Skating Program
7323 Manderson Street
Omaha, NE 68134

Questions: 402.571.0779 or Email-IcePro1@aol.com

Accident/Liability Release

I (We) the participant(s) and the parent(s), do hereby release Blade & Edge FSC, Moylan Iceplex & Motto McLean Ice Arena and all directors, staff and instructors of personal property losses, accident or injuries of any kind occurring while I/my child is participating in any and all programs.

Participant's Signature/Date _____

Parent's Signature/Date _____

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