

Join Our  
Skating  
Academy  
Today!



**S M**  
*Southern Maryland*  
FIGURE SKATING CLUB

**Skating Academy**



**Well-Rounded Growth**



**Fun & Engaging Classes**



**Family Environment**

# Introducing FSCSM Skating Academy

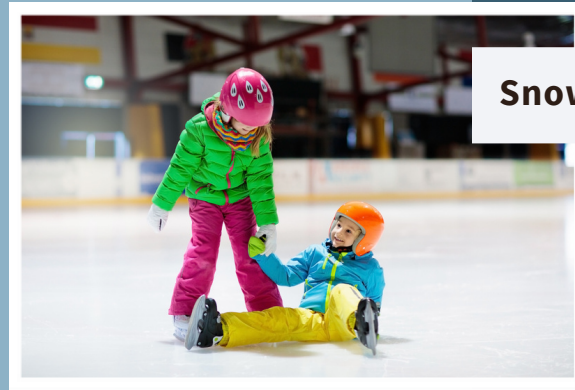
Figure skating is a blend of artistry, athleticism, and grace on ice. The path to success for skaters lies in a comprehensive training program encompassing both on-ice and off-ice components. Therefore, we are thrilled to introduce our FSCSM Skating Academy. Running alongside our Learn to Skate (LTS) programming, the Academy offers four levels of on-ice instruction - developmental, junior, advanced, and elite - and off-ice training, including flexibility exercises, jump training, dance, and weight training, allowing skaters to hone their skills on and off ice. Each level of FSCSM Skating Academy offers unique benefits and focuses on training designed to enhance the skater's overall performance and well-being.





# Level 1: Developmental

The Developmental level of the FSCSM Skating Academy caters to novices who are taking their first steps on the ice. This level focuses on mastering fundamental moves, building balance, and coordination. Off-ice, flexibility training prevents injuries, while jump training lays the groundwork for future leaps. Ballet and dance introduce grace and artistic expression.



**Snowplow 1-4**



**Basic 1**



**Basic 2**

## Developmental Level Includes:

- Group Warm-Ups
- On-Ice/ Learn to Skate Class
- Off-Ice
- Dance/Ballet
- Team Building & Fun
- Specialty Classes

Non-Club Member Price:  
\$110/Month \$1320/Year

Club Member Price  
\$99/Month \$1188/Year

## Level 2: Junior

As skaters progress to the Junior Level of the FSCSM Skating Academy, their artistic abilities begin to flourish. They learn more complex moves, footwork, stops, and beginner jumps. Junior skaters benefit from improved stamina and cardiovascular fitness. Off-ice, ballet, and dance training further refine posture and movement. Weight training helps build strength to support advanced maneuvers.



**Basic 3-4**



**Basic 5-6**



**Pre-Free Skate**

## Junior Level Includes:

- Group Warm-Ups
- On-Ice/ Learn to Skate Class
- Off-Ice
- Dance/Ballet
- Team Building & Fun
- Specialty Classes

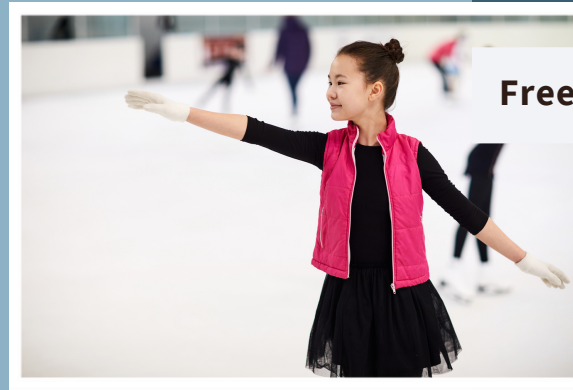
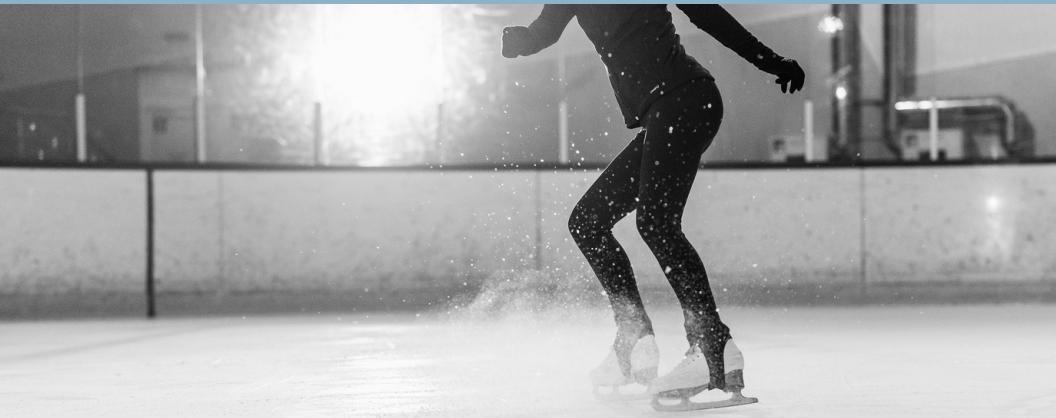
**Non-Club Member Price:**  
\$200/Month \$2400/Year

**Club Member Price**  
\$180/Month \$2160/Year

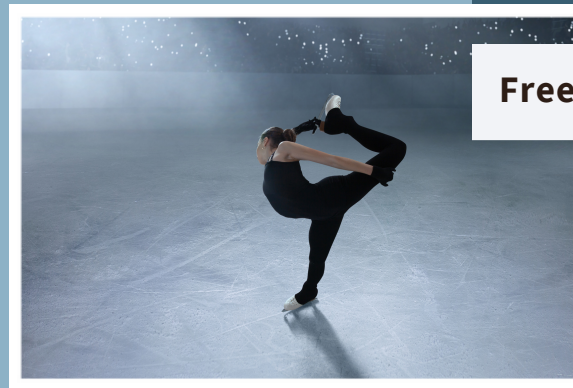


## Level 3: Advanced

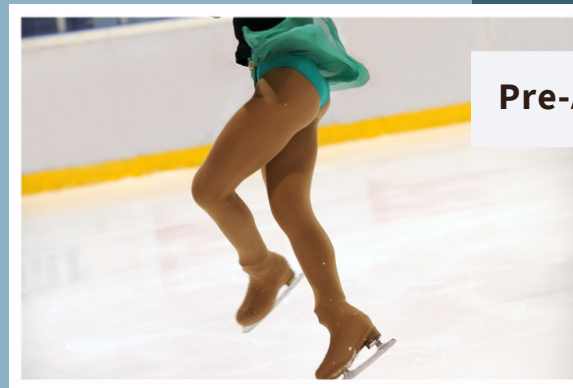
Our dedicated coaches work closely with skaters at the Advanced level to refine their technique, perfecting aspects such as form, transitions, edges, turns, spins, and more advanced jumps. As skaters progress, they explore greater artistic expression and gain insights into competition dynamics. Off-ice, intensive jump training sharpens technique, while dance training enhances interpretive skills. Weight training contributes to muscle control and stability.



**Free Skate 1-3**



**Free Skate 4-6**



**Pre-Axel**

## Advanced Level Includes:

- Group Warm-Ups
- On-Ice/ Learn to Skate Class
- Off-Ice
- Dance/Ballet
- Team Building & Fun
- Specialty Classes

Non-Club Member Price:  
\$217/Month \$2600/Year

Club Member Price  
\$195/Month \$2340/Year

## Level 4: Elite

The FSCSM Skating Academy Elite Level represents the pinnacle of achievement, where skaters showcase a harmonious blend of athleticism and artistry. They push the boundaries of creativity and execution, including complex jumps (axels, double jumps, and beyond), spins, control and timing, choreography and interpretation, innovative footwork sequences, transitions and flow, artistic nuances, and emotive expression. Off-ice, jump training heightens leaps, ballet and dance elevate performances, and weight training fosters peak physical condition.



### Elite Level Includes:

- Group Warm-Ups
- On-Ice/ Learn to Skate Class
- Off-Ice
- Dance/Ballet
- Team Building & Fun
- Specialty Classes

Non-Club Member Price:  
\$236/Month \$2832/Year

Club Member Price  
\$213/Month \$2549/Year



### Axel & Beyond

The FSCSM Skating Academy's multi-tiered approach, encompassing Developmental, Junior, Advanced, and Elite levels, paves the way for skaters to excel. As they progress through each level, their skills evolve, and they gain a deeper understanding of the fusion of athleticism and artistry inherent in figure skating. Off-ice training, focusing on flexibility, jump training, ballet, dance, and weight training, forms a solid foundation, enhancing skaters' physical abilities.



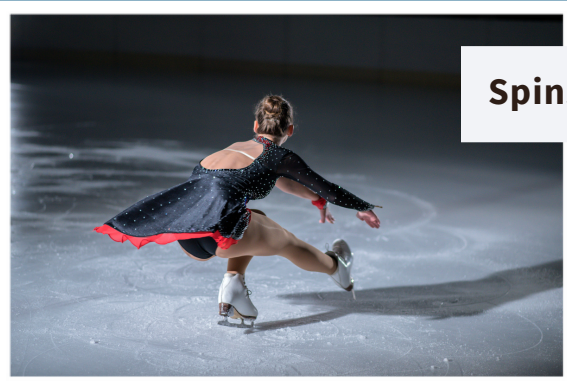
## Special Offerings

The FSCSM Skating Academy offers special courses at all levels as part of the academy's curriculum. Here are the current special offerings:



### Jumps

Learn the proper in-air position, take-off, rotation, and landing techniques to improve your jump height and ability. This class also includes cardio and conditioning, focusing on muscles most utilized for jumping.



### Spins

This course covers the importance of proper posture, edge control, balance, movement, and different strategies for building momentum and speed.

## Special Offerings (Continued)



### Moves in the Field

This course helps skaters improve their execution of basic skating skills, emphasizing power, quickness, edge control, turns, stroking, extension, and body control.

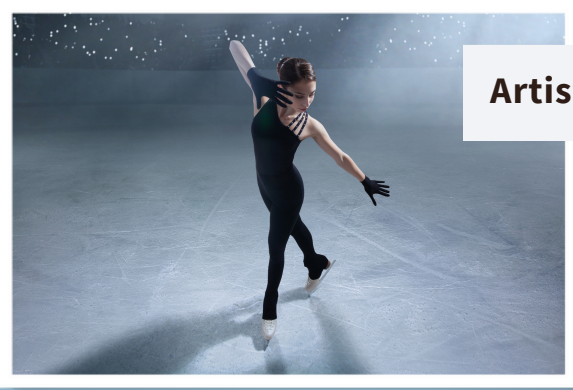


### Power Skating

This class concentrates on proper skating form, stride length, edge control, transitions, balance, breakaways, and speed, which benefit ice hockey players and figure skaters. Additional drills improve muscular strength, coordination, and agility.



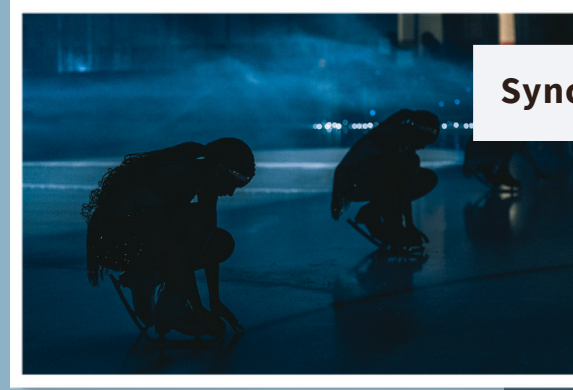
## Special Offerings (Continued)



### Artistry in Motion

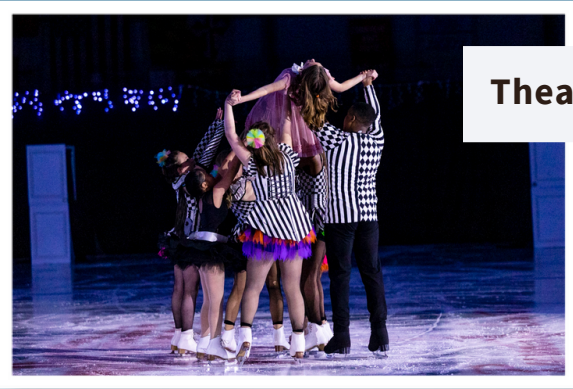
Skaters learn and practice the basic principles and philosophy of choreography, presentation, and performance to integrate into their skating.

## Special Offerings (Continued)



### Synchro Skills

Skaters will learn the skills needed when joining a synchronized skating team, including the five primary synchro elements - block, circle, line, wheel, and intersection - each performed with specific handholds.



### Theatre on Ice Skills

Learn about and advance your theatre on ice skills and techniques, including theme, choreography, body movement, and facial expressions.



### Ballet

Ballet helps skaters integrate body balance, core control, flexibility, muscle strengthening, grace, and mental focus.