

The Summer Program

The Mt. Vernon RECenter announces the 33rd Annual Summer Figure Skating Program to be held June 20 to September 2, 2011. This comprehensive program will provide recreational and competitive skaters the opportunity to maximize their skating potential through a wide range of ice skating sessions. In addition, off-ice training sessions will be available (additional fees may apply to off-ice training, contact your coach for rates and schedule).

Professional Coaching

A full staff of coaches will be available for freestyle, moves/stroking & power skating. Students are expected to make their own arrangements for instruction with the coach of their choice. Resumes and rates for each coach are available at the front desk and are posted online at:

<http://fairfaxcounty.gov/parks/rec/mv/mv-icestaff.htm>

Coaches

- | | |
|--------------------------|--------------------|
| -Carrie Atkinson-Goldin | -Sergey Korovin |
| -Jeddy Bassford-Riendeau | -Amanda Litvinov |
| -Laurie Bates | -Yuriy Litvinov |
| -Barbara Chen | -Tetyana Malinina |
| -Diane Chen | -Karen Pool |
| -Kevin Curtis | -Bruce Porter |
| -Julia Grishar | -Emanuela Porter |
| -Shirley Hughes | -Roman Skorniyakov |
| -Anna Kendall | |

Rates for Freestyle Sessions

	County	Non-County
Weekly unlimited pass ¹	\$190.00	\$224.00
Freestyle ²	170.00	204.00
Pick Up	10.00	12.00

Rates for Program Practice Power Skating & Moves/Stroking

	County	Non-County
Program ³	\$67.00	\$85.00
Pick Up	8.00	10.00

¹Weekly unlimited pass: includes unlimited access to freestyle sessions, program practice, power skating & moves/stroking, public sessions, pool and fitness room.

²Freestyle 20: includes 20 admissions to freestyle sessions.

³Program 10: includes 10 admissions to program practice, power skating & moves/stroking.

Is the weekly unlimited pass your best option?

	County/Non-County	Total
# Freestyle sessions/week	x \$10.00/12.00	
# Program/moves/week	x \$8.00/10.00	
# Public sessions/week	x \$5.40/7.25	
# Pool/Fitness room use/week	x \$6.40/9.90	
Total weekly skating cost:		

If the total weekly cost exceeds \$190/224 then the weekly unlimited pass is the pass for you (based on youth rates).

Other information

-To improve your skating skills we recommend that you participate in off-ice activities as suggested by your pro, such as: musicality, ballet & jazz, general strength training, flexibility, agility/balance & coordination.

-All skaters under 10 years of age must be accompanied by a parent or guardian (16 years old or older) at all times.

-Skaters must meet minimum age requirements to use the fitness room.

-All skaters must become familiar with and agree to abide by the "Freestyle Skater Guidelines and Code of Ethics".

-We're looking for volunteers to assist at the RECenter. See Norma for details. norma.brubacher@fairfaxcounty.gov

-Lockers are available to rent on a first come/first serve basis for the storage of equipment and personal belongings. Lockers are rented on a 3 month basis for \$25.00 (small locker). The renter is responsible for providing a lock for the locker. Please contact Scott if you would like to rent a locker.

-Contact the Skating Director for additional information. Carl Kirtley 703.768.3224. carl.kirtley@fairfaxcounty.gov

Program Weeks/Dates

Week 1: 6/20-6/24	Week 7: 8/01-8/05
Week 2: 6/27-7/01	Week 8: 8/08-8/12
Week 3: 7/04-7/08	Week 9: 8/15-8/19
Week 4: 7/11-7/15	Week 10: 8/22-8/26
Week 5: 7/18-7/22	Week 11: 8/29-9/02
Week 6: 7/25-7/29	
Unique Mondays: 1 & 2 (see below for schedule)	
Unique Weeks: 3 & 7 (see insert for schedule)	

Monday

(Week: 4, 5, 6, 8, 9, 10, 11)

6:00am-6:45am	Freestyle
6:45am-7:30am	Freestyle
7:30am-8:15am	Freestyle
8:15am-8:45am	Moves/stroking
9:00am-9:45am	Freestyle (high)
9:45am-10:30am	Freestyle
10:30am-11:00am	Program practice
2:00pm-2:45pm	Freestyle
2:45pm-3:15pm	Program practice
3:30pm-4:15pm	Freestyle (low)
4:15pm-5:00pm	Freestyle

Tuesday

(Week: 1, 2, 4, 5, 6, 8, 9, 10, 11)

6:00am-6:45am	Freestyle
6:45am-7:30am	Freestyle
7:30am-8:15am	Freestyle
8:15am-8:45am	Moves/stroking
9:00am-9:45am	Freestyle (high)
9:45am-10:30am	Freestyle
10:30am-11:00am	Freestyle
2:00pm-2:45pm	Freestyle
2:45pm-3:15pm	Program practice
3:30pm-4:15pm	Freestyle
4:15pm-5:00pm	Freestyle

Wednesday

(Week: 1, 2, 4, 5, 6, 8, 9, 10, 11)

6:00am-6:45am	Freestyle
6:45am-7:30am	Freestyle
7:30am-8:15am	Freestyle
8:15am-8:45am	Moves/stroking
9:00am-9:45am	Freestyle (high)
9:45am-10:30am	Freestyle
10:30am-11:00am	Program practice
1:35pm-2:15pm	Freestyle
2:15pm-2:45pm	Program practice
3:00pm-3:45pm	Freestyle (low)
3:45pm-4:30pm	Freestyle
4:30pm-5:00pm	Power skating

Thursday

(Week: 1, 2, 4, 5, 6, 8, 9, 10, 11)

6:00am-6:45am	Freestyle
6:45am-7:30am	Freestyle
7:30am-8:15am	Freestyle
8:15am-8:45am	Moves/stroking
9:00am-9:45am	Freestyle (high)
9:45am-10:30am	Freestyle
10:30am-11:00am	Freestyle
2:00pm-2:45pm	Freestyle
2:45pm-3:15pm	Program practice
3:30pm-4:20pm	Freestyle
4:20pm-4:50pm	Moves/stroking

Friday

(Week: 1, 2, 4, 5, 6, 8, 9, 10, 11)

6:00am-6:45am	Freestyle
6:45am-7:30am	Freestyle
7:30am-8:15am	Freestyle
8:15am-8:45am	Moves/stroking
9:00am-9:45am	Freestyle (high)
9:45am-10:30am	Freestyle
10:30am-11:00am	Program practice
1:35pm-2:15pm	Freestyle
2:15pm-2:45pm	Program practice
3:00pm-3:45pm	Freestyle (low)
3:45pm-4:30pm	Freestyle
4:30pm-5:00pm	Power skating

Unique Monday

(Week #1, 2)

6:00am-7:00am	Freestyle
7:00am-8:00am	Freestyle
8:00am-8:45am	Freestyle
9:00am-10:00am	Freestyle
10:00am-11:00am	Freestyle



If accommodations or alternative formats are needed, please contact Inclusion and ADA Support at 703-324-8563. TTY 703-803-3354.

Unique week (week #3, July 4-8)

Monday
(Week: 3. July 4)

6:00am-7:00am	Freestyle
7:00am-8:00am	Freestyle
8:00am-8:45am	Freestyle
9:00am-9:45am	Freestyle
9:45am-10:30am	Freestyle
10:30am-11:00am	Program practice

Tuesday
(Week: 3. July 5)

6:00am-7:00am	Freestyle
7:00am-8:00am	Freestyle
8:00am-8:45am	Freestyle
2:45pm-3:45pm	Freestyle
3:45pm-4:30pm	Freestyle
4:30pm-5:00pm	Program practice

Wednesday
(Week: 3. July 6)

6:00am-7:00am	Freestyle
7:00am-8:00am	Freestyle
8:00am-8:45am	Program practice
2:45pm-3:45pm	Freestyle
3:45pm-4:30pm	Freestyle
4:30pm-5:00pm	Power skating

Thursday
(Week: 3. July 7)

6:00am-7:00am	Freestyle
7:00am-8:00am	Freestyle
8:00am-8:45am	Freestyle
2:45pm-3:30pm	Freestyle
3:30pm-4:15pm	Freestyle
4:15pm-4:50pm	Program practice

Friday
(Week: 3. July 8)

6:00am-7:00am	Freestyle
7:00am-8:00am	Freestyle
8:00am-8:45am	Program practice
2:45pm-3:45pm	Freestyle
3:45pm-4:30pm	Freestyle
4:30pm-5:00pm	Power skating

Unique week (week #7, August 1-5)

Monday
(Week: 7. August 1)

6:00am-6:45am	Freestyle
6:45am-7:30am	Freestyle
7:30am-8:15am	Freestyle
8:15am-8:45am	Moves/Stroking
4:15pm-5:00pm	Freestyle

Tuesday
(Week: 7. August 2)

6:00am-6:45am	Freestyle
6:45am-7:30am	Freestyle
7:30am-8:15am	Freestyle
8:15am-8:45am	Moves/Stroking
4:15pm-5:00pm	Freestyle

Wednesday
(Week: 7. August 3)

6:00am-6:45am	Freestyle
6:45am-7:30am	Freestyle
7:30am-8:15am	Freestyle
8:15am-8:45am	Moves/Stroking
4:15pm-5:00pm	Freestyle

Thursday
(Week: 7. August 4)

6:00am-6:45am	Freestyle
6:45am-7:30am	Freestyle
7:30am-8:15am	Freestyle
8:15am-8:45am	Moves/Stroking
4:15pm-4:50pm	Freestyle

Friday
(Week: 8. August 5)

6:00am-6:45am	Freestyle
6:45am-7:30am	Freestyle
7:30am-8:15am	Freestyle
8:15am-8:45am	Moves/Stroking
4:30pm-5:00pm	Power skating