



Central Iowa Figure Skating Club

NEWSLETTER JANUARY 2017

News You Can Use!

We currently have 98 club members!

SAVE THESE DATES!

Learn to Skate Calendar Session Dates

Session 3

Saturdays: 3:00 – 4:00 PM, Jan. 7, 14, 21, 28; Feb. 4, 11

Wednesdays: 5:30 – 6:30 PM, Dec. 14, 21, 28; Jan. 4, 11, 18

Session 4

Saturdays: 3:00 – 4:00 PM, Feb. 18, 25; Mar. 4, 11, 18, 25

Wednesdays: 5:30 – 6:30 PM, Jan. 25; Feb. 1, 8, 15, 22; Mar. 1

Session 5

Saturdays: 3:00 – 4:00 PM, Apr. 1, 8, 15, 22, 29; May. 6

Wednesdays: 5:30 – 6:30 PM, Mar. 8, 15, 22, 29; Apr. 5, 12

OPEN Public Skate at Buccaneer's Arena

Jan. 7, 14, 21, 28. 4.15-5.15 pm

Cost \$10 rental skates included

Check our skating calendar on our website for updated skating dates and times: <http://centraliowafsc.org/>

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QUESTIONS AND ANSWERS

Q: How do I get involved in helping the club to grow?

A: We currently have open positions on our board of directors. We would love some new board members! Volunteering is an important need for our club. We rely on our volunteers to keep things running smoothly and keep the costs down. Ask our President, Rich Harms or Skating Director, Elena how you can help. *Please check your email frequently for volunteer requests and important notices in your email box.*

Q: How do I get private lessons?

A: Speak to one of our coaches. Private lessons are a good way to improve particular skills or prepare for competitions & shows.

Q: How often should I skate?

A: 3 times a week is best to show steady progress.

Q: Where do I buy skates?

A: Ask Coach Burton or Elena. Good used skates are available and we have catalogs for new ones. Skaters learn faster and safer on better equipment. Check the garage sale dates for good used skates.

Q: How often should I sharpen my skates? And where?

A: Skates should be sharpened about every other month to wear evenly and prevent rust. If you see any signs of rust, have them sharpened as soon as possible to protect your investment. Coach Burton sharpens skates for \$10. Or ask Coach Igor.

Q. How do I get the most up to date information?

A. Check our club website at: <http://www.centraliowafsc.org>
Or FACEBOOK: www.facebook.com/iowafigureskating

There is a wealth of information and monthly skating calendar posted on our website. Coaches contact information, used skates section, photo gallery and much more! Check it out! www.centraliowafsc.org



2016 Winter Show Cast - Dedications

COMPETITION CALENDAR - DEADLINES

Iowa Winter Games Feb 12th – test session Sat Feb 11th
<http://www.iowagames.org/Winter/FigureSkating> deadline Jan 9th

2017 Skate KC Competition is scheduled for Friday, March 31st to Sunday, April 2nd at the Silverstein Eye Centers Arena. Practice ice will be available as early as Thursday, March 30th. More details to follow. <https://www.kansascityfsc.org>

JAN 14TH BUCCANEERS HALF TIME SHOW

PRIVATE LESSONS

Take your skating to the next level!
 Coaches, Elena, Igor, Burton and Inna are accepting new students!

We are proud that our coaches have received the Award of Excellence from The Professional Skaters Association for having all our coaches Certified Level A.

Contact your coach of choice for more information.

Burton Powley - burtonpowley@gmail.com
 Elena and Igor - kotmul@inbox.ru
 Inna - innahdance@gmail.com

FROM OUR SKATING DIRECTOR ELENA

Semi Private lessons

6 weeks - 30 min. lessons (2-3) skaters
 Cost \$70 ice cost and \$105 - coaches fee
 Total \$175 (days and times, contact coaches)

Group Class

Tentative schedule (Every Monday and Thursday)
 High advance and low advance group
 Flyer will be posted soon and more information on website

Off- Ice Group Classes

Spinner class and Fitness Class
 6 weeks - \$60 punch card available

Ballet and stretching class

6 weeks - \$60
 Contact Inna at innahdance@gmail.com

Burton sells spinners \$35 please contact him.
burtonpowley74@gmail.com 515-371-8666