

The Desert **FIGURE SKATING CLUB**

OFFICIAL MEMBER OF
US FIGURE SKATING



40TH ANNIVERSARY CELEBRATION

Ice Dreams Workshop with Nancy Kerrigan

Sunday, September 6, 2026 · 12:00 – 6:00 PM
Berger Foundation Iceplex at Acrisure Arena

12:00 – 1:00 PM

Welcome & Off-Ice Warm-Up with Nancy

Check-in at the Welcome Center, then a welcome and guided off-ice warm-up on the upper deck.

1:00 – 2:30 PM

On-Ice Session One

Ninety minutes on the ice with Nancy — warm-up, edges and figures, and power skating, divided by level.

2:30 – 3:50 PM

Off-Ice Break — Stories & Conversation with Nancy

Refreshments on the upper deck and a candid conversation with Nancy — stories, memories, and inspiration. Off-ice jumps and exercises included.

3:50 – 5:00 PM

On-Ice Session Two

Back on the ice for jumps, spins, and artistry alongside Nancy.

5:00 – 5:20 PM

Closing — Final Words & Photos on the Ice

Final words from Nancy and photos right on the ice — a memory to keep for a lifetime.

5:20 – 6:00 PM

Pizza Party

Wind down together with pizza provided by our sponsor, Stuft Pizza.

** Schedule is subject to change. Final timing will be confirmed closer to the event date.*

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WORKSHOP FULL SCHEDULE

Sunday, September 6, 2026 · Berger Foundation Iceplex at Acrisure Arena

OFF ICE — Welcome & Warm-Up (60 min)	
12:00 PM	Check-in begins (Welcome Center)
12:25 – 12:35 PM	Welcome (Upper Deck) — 10 min
12:35 – 12:50 PM	Off-Ice Warm-Up (Upper Deck) — 15 min
12:50 – 1:00 PM	Skates On — 10 min
ON ICE — Session One (90 min)	
1:00 – 1:15 PM	On-Ice Warm-Up (all skaters) — 15 min
1:15 – 1:45 PM	Edges / Figures (divided by level) — 30 min • Turns, steps, and transitions • The importance of checking on figure eights
1:45 – 1:50 PM	Water Break — 5 min
1:50 – 2:20 PM	Power Skating — 30 min • Proper forward and backward crossovers • Power 3-turns • Proper forward stroking
2:20 – 2:30 PM	Cool Down — 10 min • A fun group skate to cool down before the break
OFF ICE — Break (80 min)	
2:30 – 2:40 PM	Skates Off — 10 min
2:40 – 3:10 PM	Refreshment Break — Stories with Nancy — 30 min • Catered by Acrisure: international cheese display
3:10 – 3:40 PM	Off-Ice Jumps & Exercises (by level) — 30 min
3:40 – 3:50 PM	Skates On — 10 min
ON ICE — Session Two (90 min)	
3:50 – 4:30 PM	Jumps & Spins (rotated by level) — 40 min
4:30 – 4:35 PM	Water Break — 5 min
4:35 – 5:00 PM	Artistry / Improv — 25 min
5:00 – 5:20 PM	Final Words and Pictures on the Ice — 20 min
OFF ICE — Pizza Party (40 min)	
5:20 – 6:00 PM	Pizza provided by our sponsor, Stuft Pizza

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