



2020 Figure Skating Academy Schedule

September 2020

Register Online: ifoothills.org

\$10 per session

MON	TUE	WED	THU	FRI	SAT
SCHEDULE GUIDE		SESSION, CLASS & PACKAGE LEVELS:			
FS - Freestyle Session PW - Power/Stroking Class SS/ET - Skating Skills/Edge/Turns *ST/CD- Off Ice Strength and Conditioning Class		All sessions/classes without below level designation are open to Basic 4 and above FS(L): Snowplow Sam 2-Pre-Preliminary Moves in the Field Test			
		1	2	3	4
	6:00-6:45 am FS 7:00-7:45 am FS 8:00-8:45 am FS 9:00-9:45 am FS 4:15-5:00 pm FS 5:15-6:00 pm FS	6:00-6:45 am FS 7:00-7:45 am FS 8:00-8:45 am FS 9:00-9:45 am FS	6:00-6:45 am FS 7:00-7:45 am FS 8:00-8:45 am FS 9:00-9:45 am FS 4:15-5:00 pm FS 5:15-6:00 pm FS	7:00-7:45 am FS 8:00-8:45 am FS 9:00-9:45 am FS	NO ACADEMY SESSIONS
7	8	9	10	11	12
NO ACADEMY SESSIONS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:30 pm PW/SS/ET	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS	7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS	7:15-8:00 am FS 8:00-8:45 am FS 8:45-9:15 am PW 9:30-10:15 am FS (L)
14	15	16	17	18	19
7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:30 pm PW/SS/ET *5:40-6:10pm ST/CD	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS *5:50-6:20pm ST/CD	NO ACADEMY SESSIONS	NO ACADEMY SESSIONS
21	22	23	24	25	26
7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:30 pm PW/SS/ET *5:40-6:10pm ST/CD	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS *5:50-6:20pm ST/CD	7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS	7:15-8:00 am FS 8:00-8:45 am FS 8:45-9:15 am PW 9:30-10:15 am FS (L)
28	29	30			
7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS	6:00-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS 3:30-4:15pm FS 4:15-5:00 pm FS 5:00-5:30 pm PW/SS/ET *5:40-6:10pm ST/CD			

Figure Skating Academy Policies

- 1) **All registrations must be done online at ifoothills.org. Registration for morning sessions closes at 5:30am the day of. Registration for afternoon sessions closes at 2pm the day of. No walk-in or call-in registrations can be taken at this time.**
- 2) All sessions/classes are \$10 each.
- 3) Academy ice time/classes are open to all skaters **USFS Basic 4 and above unless otherwise designated.**
- 4) Registration ice time is filled on a first come, first serve basis. Sessions are full at 22 skaters and classes at 25 skaters. NO EXCEPTIONS.
- 5) Session transfers within the current month will be allowed if submitted in writing, via email, **36 hours in advance** and space is available. Transfer requests should be sent to ajordan@fhprd.org. E-mail confirmation will be sent for all transfers.
- 6) **No credits or refunds will be given for unused sessions/classes without 36 hours' notice.**
- 7) Skaters that are required to refrain from skating due to injury based on a doctor's request will receive **credit only** for unused sessions/classes. Skaters must submit a note from the doctor stating the injury and the number of days skater needs to refrain from skating. The note must be submitted along with a note from the parent/guardian to the Skating Director within 48 hours of the injury. Credit requests should be sent to ajordan@fhprd.org.
- 8) **All current facility COVID-19 protocols/procedures must be followed at all times.**
- 9) **All skaters, parents and coaches must abide by the Edge Figure Skating Rules and Regulations as well as adhere to the Foothills Park and Recreation District Code of Conduct.**

Schedule Description

- Freestyle sessions: Figure skating sessions designed for individual practice. Private lessons may be scheduled during this time.
- Skating Skills/Edges & Turn classes: On ice group training classes that emphasize proper skill technique as well as the introduction of future skills necessary for a skater's development.
- Power/Stroking class: On ice group training classes that emphasize proper skating technique and focus on the development of power, flow, quickness, and stamina.
- Off Ice Training: Off ice group training classes designed to meet the sport specific, physical training requirements of the sport. Classes include, but are not limited to, jumps, strength & conditioning, stretch & flexibility, core conditioning, skater's yoga, dance/artistry for skaters and are taught by our highly qualified staff coaches.