



# 2020 Figure Skating Academy Schedule

## October 2020

Register Online: [ifoothills.org](http://ifoothills.org)

\$10 per session

MON	TUE	WED	THU	FRI	SAT
<b>SCHEDULE GUIDE</b>		<b>SESSION, CLASS &amp; PACKAGE LEVELS:</b>			
FS - Freestyle Session		All sessions/classes without below level designation are open to Basic 4 and above			
PW - Power/Stroking Class		FS(L) : Snowplow Sam 2-Pre-Preliminary Moves in the Field Test			
SS/ET - Skating Skills/Edge/Turns		YOGA (L)- Snowplow Sam 2-Pre Preliminary Moves in the Field Test (Some exceptions may apply for participant age)			
*ST/CD- Off Ice Strength and Conditioning Class		Yoga (H) & Ballet (H)(45 minute class \$15)- Completed Pre- Preliminary Moves in the Field Test (Some exceptions may apply for participant age. Contact the Figure Skating Director.)			
*YOGA - Skater's Yoga Training					
*BALLET- Skater's Ballet Training					
			1	2	3
			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)
5	6	7	8	9	10
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 *9:20-10:05 am- YOGA (H) 9:30-10:15 am FS (L) *10:30-11:00am- YOGA (L)
12	13	14	15	16	17
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 *9:20-10:05 am- YOGA (H) 9:30-10:15 am FS (L) *10:30-11:00am- YOGA (L)
19	20	21	22	23	24
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 *9:20-10:05 am-BALLET(H) 9:30-10:15 am FS (L)
26	27	28	29	30	31
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)

## Figure Skating Academy Policies

- 1) **All registrations must be done online at [ifoothills.org](http://ifoothills.org). No walk-in or call-in registrations can be taken at this time.**
- 2) Most sessions/classes are \$10 each. YOGA (H) & BALLET (H) are \$15 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 22 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](mailto: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](mailto: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, ballet, dance/artistry for skaters and are taught by our highly qualified staff coaches.