

Edge Figure Skating Academy

June 2021

LEVEL REQUIREMENTS:

Freestyle (FS)/All Classes- Open only to figure skaters that are enrolled in Basic 4 or above

Freestyle Open (FS OPEN)- Open to figure skaters of all levels

High (H): Pre Juvenile Free Skate test or higher

Low (L): Basic 4-Preliminary Free Skate test

Freestyle sessions limited to 22 skaters, ballet limited to 15

* denotes off ice class, must have athletic footwear

A LA CARTE PRICING:

45-min. FS: \$10 each

Exhibitions: \$12 each

Classes:

15-minute: \$7.00 each

30-minute: \$10 each

45-65 minute: \$15.00 each

Over 65 minutes: \$18.00 each

MONTHLY PACKAGE PRICING:
A: \$180.00

12 FS/ 8 Classes per month

B: \$340.00

24 FS/ 16 Classes per month

C: \$500.00

40 FS/ 25 Classes per month

Unlimited: \$600.00

packages do not include exhibitions

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
7:15-8:00 am FS 8:00-8:45 am FS 9:00-9:45 am Extreme Edges 9:45-10:30 am FS 10:30-11:15 am FS 11:15-12:20 pm Power Hour	7:15-8:00 am FS 8:00-8:45 am FS 8:10-9:15 am Mad Hops (H) 8:45-9:50 am Mad Hops (L) 9:30-10:00 am EX (H) 10:00-10:45 am FS 10:45-11:30 am FS 11:30-11:45 am Cardio Blast *11:55-12:25 pm Core Fusion 3:30-4:15 pm FS (open)	7:15-8:00 am FS 8:00-8:45 am FS 9:00-9:45 am Ice Warrior 9:45-10:30 am FS 10:30-11:15 am FS 11:15-12:35 pm Ballet	7:15-8:00 am FS 8:00-8:45 am FS 8:10-9:15 am Spin to Win (L) 8:45-9:50 am Spin to Win (H) 9:30-10:00 am EX (L) 10:00-10:45 am FS 10:45-11:30 am FS 11:30-11:45 am Cardio Blast *11:55-12:25 pm Ice Warrior 4:00-4:45 pm FS (open) 4:45-5:30 pm (open)	9:30-10:15 am FS 10:15-11:00 am FS 11:00-11:45 am FS	10:15-11:00 am FS (open) 11:00-11:45 am FS (open)
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7:15-8:00 am FS 8:00-8:45 am FS 9:00-9:45 am Extreme Edges 9:45-10:30 am FS 10:30-11:15 am FS 11:15-12:20 pm Power Hour	7:15-8:00 am FS 8:00-8:45 am FS 8:10-9:15 am Mad Hops (H) 8:45-9:50 am Mad Hops (L) 9:30-10:00 am EX (H) 10:00-10:45 am FS 10:45-11:30 am FS 11:30-11:45 am Cardio Blast *11:55-12:25 pm Core Fusion 3:30-4:15 pm FS (open)	7:15-8:00 am FS 8:00-8:45 am FS 9:00-9:45 am Ice Warrior 9:45-10:30 am FS 10:30-11:15 am FS 11:15-12:35 pm Ballet	7:15-8:00 am FS 8:00-8:45 am FS 8:10-9:15 am Spin to Win (L) 8:45-9:50 am Spin to Win (H) 9:30-10:00 am EX (L) 10:00-10:45 am FS 10:45-11:30 am FS 11:30-11:45 am Cardio Blast *11:55-12:25 pm Ice Warrior 4:00-4:45 pm FS (open) 4:45-5:30 pm (open)	9:30-10:15 am FS 10:15-11:00 am FS 11:00-11:45 am FS	10:15-11:00 am FS (open) 11:00-11:45 am FS (open)
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28	29	30			
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2021 Figure Skating Summer Academy

If purchasing a monthly package, kindly fill out the information below.

Skater's Name: _____ Coach: _____

Phone: _____ E-mail: _____

**If purchasing an Unlimited Package, please select the sessions that you know you will attend. You are welcome to walk on to a session or class provided there is available space. Please confirm with one of the skating directors before joining the session or class.*

Figure Skating Academy Policies

- 1) **All registrations, including monthly packages, must be purchased online at ifoothills.org.** June monthly packages are available for purchase May 10 – 16. Skaters purchasing a monthly package must submit a hard copy of their selected sessions no later than May 17th. June a la carte sessions open for purchase on the May 24th.
- 2) Session transfers will only be allowed **within the current month, with 36 hours advance notice, in writing**, to both Kim Hines (khines@fhprd.org) and Nick Kraft (nkraft@fhprd.org). **All transfers must be similar in nature, for example freestyle for freestyle or class for class, regardless of purchase type.** E-mail confirmation will be sent for all transfers.
- 3) **No credits or refunds will be given for unused sessions/classes without 36 hours' notice.**
- 4) Skaters that are required to refrain from skating due to injury based on a doctor's request or COVID will receive **credit only** for unused sessions/classes on their Community Pass account. Injured 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 both Kim Hines (khines@fhprd.org) and Nick Kraft (nkraft@fhprd.org).
- 5) Registration ice time is filled on a first come, first serve basis, with monthly package purchases receiving priority.
- 6) **All off ice class participants must wear athletic shoes to participate.** If skaters do not have the proper attire, they will not be allowed to participate and no refund or credit will be given.
- 7) **All current facility COVID-19 protocols/procedures must be followed at all times.**
- 8) **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.**

Academy Descriptions

- Freestyle sessions: Figure skating sessions designed for individual practice. Private lessons may be scheduled during this time.
- Combined On & Off Ice Classes
 - **Ballet** – Designed to improve overall posture, carriage, and movement; ballet slippers or socks; starts on ice
 - **Mad Hops** – Jump technique taught both on and off the ice; (H) starts off ice; (L) starts on ice
 - **Power Hour** – On ice breakdown of how to build power, speed and flow, while executing skating moves; Off ice development of speed, agility and flexibility; starts on ice
 - **Spin to Win** – Spin technique taught both on and off the ice; (L) starts off ice; (H) starts on ice
- On Ice Classes
 - **Cardio Blast** – High energy power skating class designed to improve stamina and endurance
 - **Extreme Edges** – Comprised of international skating patterns and challenging drills, this class will strengthen edges, improve turns, and develop flow across the ice
 - **Ice Warrior** – Obstacle course designed to develop agility, quickness, balance, and coordination through on ice games
- Off Ice Classes
 - **Core Fusion** – Exercises devoted to building core strength and balance through the use of physio equipment
 - **Ice Warrior** - Obstacle course designed to develop agility, quickness, balance, and coordination utilizing off ice equipment and games
- Exhibitions – Competition simulation, limited to 10 skaters. Available only as an a la carte purchase.