

Edge Figure Skating Academy

November 2021

LEVEL REQUIREMENTS:

Freestyle (FS)/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

Axel 540° Class - Open to Free Skate 3 and above

Freestyle sessions limited to 22 skaters, dance limited to 15

** denotes off ice class, must have athletic footwear

A LA CARTE PRICING:

45-min. FS: \$10 each

60-min. FS: \$13.50 each

Exhibitions: \$12 each

Classes:

15-minute: \$7.00 each

30/45-minute: \$10 each

MONTHLY PACKAGE PRICING:
A: \$155.00

12 FS/ 8 Classes per month

B: \$270.00

20 FS/ 10 Classes per month

A and B packages do not include exhibitions
C: \$450.00

Unlimited (INCLUDES EXHIBITIONS)

MON	TUE	WED	THU	FRI	SAT
1 7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS (open) 6:00-6:30 pm Extreme Edges	2 5:45-6:30 am FS 6:30-7:15 am FS 7:15-8:00 am FS 8:00-9:00 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS 5:45-6:00 pm Cardio Blast	3 5:45-6:30 am FS 6:30-7:15 am FS 7:15-8:00 am FS 8:00-9:00 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS	4 5:45-6:30 am FS 6:30-7:15 am FS 7:15-8:00 am FS 8:00-9:00 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-6:00 pm FS 6:15-7:00 pm Axel 540°	5 7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS	6 6:45-7:45 am FS 7:45-8:45 am FS 8:45-9:15 am Ice Warrior 9:30-10:00 am Exhibitions **9:30-10:00 am Core Fusion
8 7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS (open) 6:00-6:30 pm Extreme Edges	9 5:45-6:30 am FS 6:30-7:15 am FS 7:15-8:00 am FS 8:00-9:00 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS 5:45-6:00 pm Cardio Blast	10 5:45-6:30 am FS 6:30-7:15 am FS 7:15-8:00 am FS 8:00-9:00 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS	11 MESC TEST SESSION 7:15-8:00 am FS 8:00-8:45 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS 5:45-6:00 pm Cardio Blast 6:15-7:00 pm Axel 540°	12 7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS	13 6:45-7:45 am FS 7:45-8:45 am FS 8:45-9:15 am Ice Warrior 9:30-10:00 am Exhibitions **9:30-10:00 am Splits & Spirals
15 7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS **3:30-4:00 pm Dance 4:15-5:00 pm FS 5:00-5:45 pm FS (open) 6:00-6:30 pm Extreme Edges	16 5:45-6:30 am FS 6:30-7:15 am FS 7:15-8:00 am FS 8:00-9:00 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS 5:45-6:00 pm Cardio Blast	17 5:45-6:30 am FS 6:30-7:15 am FS 7:15-8:00 am FS 8:00-9:00 am FS **3:30-4:00 pm Mad Hops 4:15-5:00 pm FS 5:00-5:45 pm FS	18 5:45-6:30 am FS 6:30-7:15 am FS 7:15-8:00 am FS 8:00-9:00 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-6:00 pm FS 6:15-7:00 pm Axel 540°	19 7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS	20 6:45-7:45 am FS 7:45-8:45 am FS 8:45-9:15 am Ice Warrior 9:30-10:00 am Exhibitions **9:30-10:00 am Core Fusion
22 7:15-8:00 am FS 8:00-8:45 am FS 8:45-9:30 am Extreme Edges 9:45-10:30 am FS 10:30-11:00 am Spin to Win 11:00-11:45 am FS **11:55-12:25 pm Core Fusion 4:15-5:00 pm FS 5:00-5:45 pm FS	23 7:15-8:00 am FS 8:00-8:45 am FS 8:45-9:30 am Ice Warrior 9:45-10:30 am FS 10:30-11:00 am Mad Hops 11:00-11:45 am FS **11:55-12:25 pm Splits & Spirals 4:15-5:00 pm FS 5:00-5:45 pm FS	24 7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS	25 CLOSED FOR THANKSGIVING	26 NO SESSIONS	27 NO SESSIONS
29 7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS **3:30-4:00 pm Dance 4:15-5:00 pm FS 5:00-5:45 pm FS (open) 6:00-6:30 pm Extreme Edges	30 5:45-6:30 am FS 6:30-7:15 am FS 7:15-8:00 am FS 8:00-9:00 am FS 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS 5:45-6:00 pm Cardio Blast				

2021 Figure Skating 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.** November monthly packages are available for purchase October 17-23. Skaters purchasing a monthly package must submit a hard copy of their selected sessions no later than October 25. October a la carte sessions open for purchase on October 31.
- 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 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.
- On Ice Classes
 - **Cardio Blast** – High energy power skating class designed to improve stamina and endurance
 - **Ice Warrior** – Obstacle course designed to develop agility, quickness, balance, and coordination through on ice games
 - **Spin to Win** – Spin technique taught on ice
 - **Mad Hops** – Jump technique and plyometric exercises taught off ice
 - **Axel 540°** - 45-minute jump class designed for skaters Free Skate 3 and above who are ready to begin Axel or those working toward consistently landing Axel
- Off Ice Classes
 - **Core Fusion** – Exercises devoted to building core strength and balance through the use of physio equipment
 - **Mad Hops** – Jump technique and plyometric exercises taught off ice
 - **Splits and Spirals** – A comprehensive stretching class designed to improve a skater's full body flexibility
- Exhibitions – Competition simulation, limited to 10 skaters. Available only as an a la carte purchase unless you have purchased an Unlimited Monthly Package. Must wear competition attire.