

# Edge Figure Skating Academy

## February 2022

**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
		<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	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	5:45-6:30 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	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	7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS	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
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
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 Axel 540°	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	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	5:45-6:30 am FS 6:30-7:15 am FS 7:15-8:00 am FS 8:00-9:00 am FS  *MESC TEST SESSION* 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-6:00 pm FS	7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS	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
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
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 Axel 540°	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	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	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	<b>NO SESSIONS</b> <b>Hockey Tournament</b>	<b>NO SESSIONS</b> <b>Hockey Tournament</b>
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
<b>President's Day</b> <b>Hockey Tournament</b> <b>No Morning Sessions</b>  3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:45 pm FS (open) 6:00-6:30 pm Axel 540°	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	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	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	7:00-7:45 am FS 7:45-8:30 am FS	<b>NO SESSIONS</b> <b>Hockey Tournament</b>
<b>28</b>					
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 Axel 540°					

# 2022 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.** February monthly packages are available for purchase January 17-January 23. Skaters purchasing a monthly package must submit a hard copy of their selected sessions no later than January 24. February a la carte sessions open for purchase on January 31.
- 2) Session transfers for both monthly packages and a la carte purchases will only be allowed **within the current month, with 36 hours advance notice, in writing**, to both Kim Hines ([khines@fhprd.org](mailto:khines@fhprd.org)) and Nick Kraft ([nkraft@fhprd.org](mailto: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](mailto:khines@fhprd.org)) and Nick Kraft ([nkraft@fhprd.org](mailto: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 on ice
  - **Axel 540°/900°** - 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 (900° is for skaters working towards double Axel)
- Off Ice Classes
  - **Core Fusion** – Exercises devoted to building core strength and balance through the use of physio equipment
  - **Dance** - Designed to improve overall posture, carriage, style, musicality and movement
  - **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