



# July 2022 Edge Figure Skating Academy

**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  
 \*\*denotes classes with on and off ice components, 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-minute: \$10 each  
 45-65 minute: \$15.00 each

**MONTHLY PACKAGE PRICING:**

A: \$180.00  
 12 FS/ 8 Classes per month  
 B: \$350.00  
 24 FS/ 16 Classes per month  
 C: \$525.00  
 40 FS/ 20 Classes per month  
 Unlimited (includes exhibitions): \$600.00  
**Packages A-C do not include exhibitions**

| MON   | TUE  | WED  | THU  | FRI   | SAT  |
|---|--|--|--|---|--|
|   |  |  |  | 1<br>8:00-8:45 am FS<br>8:45-9:30 am FS<br>9:30-10:00 am Extreme Edges<br>10:15-11:00 am FS<br>11:00-11:45 am FS  | 2<br>10:15-11:00 am FS (open)<br>11:00-11:45 am FS (open)  |
| 4<br><b>CLOSED</b><br><i>Independence Day</i>   | 5<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>9:00-9:45 am Dance: Foxtrot<br>9:45-10:30 am FS<br>10:30-11:15 am FS<br>**11:15-12:20 pm Power Hour<br>PH starts on ice<br><br>3:45-4:45 pm FS (open) | 6<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>**8:10-9:15 am Mad Hops (H)<br>MH (H) starts off ice<br>**8:45-9:50 am Mad Hops (L)<br>MH (L) starts on ice<br>9:30-10:00 am EX (H)<br>10:00-10:45 am FS<br>10:45-11:30 am FS<br>11:30-11:45 am Cardio Blast<br>*11:55-12:40 pm Yoga<br><br>3:45-4:45 pm FS (open)<br>4:45-5:30 pm FS (open)  | 7<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>9:00-9:45 am Ice Warrior<br>9:45-10:30 am FS<br>10:30-11:15 am FS<br>11:15-11:45 am Steppin' Out<br><br>3:45-4:45 pm FS (open)<br>4:45-5:45 pm FS (open)  | 8<br>8:00-8:45 am FS<br>8:45-9:30 am FS<br>9:30-10:00 am Extreme Edges<br>10:15-11:00 am FS<br>11:00-11:45 am FS  | 9<br>10:15-11:00 am FS (open)<br>11:00-11:45 am FS (open)  |
| 11<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>**8:10-9:15 am Spin to Win (L)<br>STW (L) starts off ice<br>**8:45-9:50 am Spin to Win (H)<br>STW (H) starts on ice<br>9:30-10:00 am EX (L)<br>10:00-10:45 am FS<br>10:45-11:30 am FS<br>11:30-11:45 am Need for Speed<br>*11:55-12:25 pm Core Fusion | 12<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>9:00-9:45 am Dance: Tango<br>9:45-10:30 am FS<br>10:30-11:15 am FS<br>**11:15-12:20 pm Power Hour<br>PH starts on ice<br><br>3:45-4:45 pm FS (open)  | 13<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>**8:10-9:15 am Mad Hops (H)<br>MH (H) starts off ice<br>**8:45-9:50 am Mad Hops (L)<br>MH (L) starts on ice<br>9:30-10:00 am EX (H)<br>10:00-10:45 am FS<br>10:45-11:30 am FS<br>11:30-11:45 am Cardio Blast<br>*11:55-12:40 pm Yoga<br><br>3:45-4:45 pm FS (open)<br>4:45-5:30 pm FS (open) | 14<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>9:00-9:45 am Ice Warrior<br>9:45-10:30 am FS<br>10:30-11:15 am FS<br>11:15-11:45 am Steppin' Out<br><br>3:45-4:45 pm FS (open)<br>4:45-5:45 pm FS (open) | 15<br>8:00-8:45 am FS<br>8:45-9:30 am FS<br>9:30-10:00 am Extreme Edges<br>10:15-11:00 am FS<br>11:00-11:45 am FS | 16<br>10:15-11:00 am FS (open)<br>11:00-11:45 am FS (open) |
| 18<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>**8:10-9:15 am Spin to Win (L)<br>STW (L) starts off ice<br>**8:45-9:50 am Spin to Win (H)<br>STW (H) starts on ice<br>9:30-10:00 am EX (L)<br>10:00-10:45 am FS<br>10:45-11:30 am FS<br>11:30-11:45 am Need for Speed<br>*11:55-12:25 pm Core Fusion | 19<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>9:00-9:45 am Dance: Waltz<br>9:45-10:30 am FS<br>10:30-11:15 am FS<br>**11:15-12:20 pm Power Hour<br>PH starts on ice<br><br>3:45-4:45 pm FS (open)  | 20<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>**8:10-9:15 am Mad Hops (H)<br>MH (H) starts off ice<br>**8:45-9:50 am Mad Hops (L)<br>MH (L) starts on ice<br>9:30-10:00 am EX (H)<br>10:00-10:45 am FS<br>10:45-11:30 am FS<br>11:30-11:45 am Cardio Blast<br>*11:55-12:40 pm Yoga<br><br>3:45-4:45 pm FS (open)<br>4:45-5:30 pm FS (open) | 21<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>9:00-9:45 am Ice Warrior<br>9:45-10:30 am FS<br>10:30-11:15 am FS<br>11:15-11:45 am Steppin' Out<br><br>3:45-4:45 pm FS (open)<br>4:45-5:45 pm FS (open) | 22<br>8:00-8:45 am FS<br>8:45-9:30 am FS<br>9:30-10:00 am Extreme Edges<br>10:15-11:00 am FS<br>11:00-11:45 am FS | 23<br>10:15-11:00 am FS (open)<br>11:00-11:45 am FS (open) |
| 25<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>**8:10-9:15 am Spin to Win (L)<br>STW (L) starts off ice<br>**8:45-9:50 am Spin to Win (H)<br>STW (H) starts on ice<br>9:30-10:00 am EX (L)<br>10:00-10:45 am FS<br>10:45-11:30 am FS<br>11:30-11:45 am Need for Speed<br>*11:55-12:25 pm Core Fusion | 26<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>9:00-9:45 am Dance: Blues<br>9:45-10:30 am FS<br>10:30-11:15 am FS<br>**11:15-12:20 pm Power Hour<br>PH starts on ice<br><br>3:45-4:45 pm FS (open)  | 27<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>**8:10-9:15 am Mad Hops (H)<br>MH (H) starts off ice<br>**8:45-9:50 am Mad Hops (L)<br>MH (L) starts on ice<br>9:30-10:00 am EX (H)<br>10:00-10:45 am FS<br>10:45-11:30 am FS<br>11:30-11:45 am Cardio Blast<br>*11:55-12:40 pm Yoga<br><br>3:45-4:45 pm FS (open)<br>4:45-5:30 pm FS (open) | 28<br>7:00-8:00 am FS<br>8:00-8:45 am FS<br>9:00-9:45 am Ice Warrior<br>9:45-10:30 am FS<br>10:30-11:15 am FS<br>11:15-11:45 am Steppin' Out<br><br>3:45-4:45 pm FS (open)<br>4:45-5:45 pm FS (open) | 29<br>8:00-8:45 am FS<br>8:45-9:30 am FS<br>9:30-10:00 am Extreme Edges<br>10:15-11:00 am FS<br>11:00-11:45 am FS | 30<br><b>Hockey Tournament</b><br><b>No Sessions</b>       |

# 2022 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

- **All registrations, including monthly packages, must be purchased online at [ifoothills.org](http://ifoothills.org).** July monthly packages are available for purchase June 6-19. Skaters purchasing a monthly package must submit a hard copy of their selected sessions no later than June 20. July a la carte sessions open for purchase on June 27.
- Online registration for a la carte sessions and classes closes 3 hours prior to the start of the session/class. Skaters may purchase walk-on sessions/classes after online registration closes by paying for their session/class at the front desk and turning in their receipt to the ice monitor, pending available space.
- **ALL skaters must check in with the front desk/ice monitor prior to taking the ice.**
- 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. **No credits or refunds will be given for unused sessions/classes without 36 hours notice.**
- 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 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)).
- Registration ice time is filled on a first come, first serve basis, with monthly package purchases receiving priority.
- **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.
- **All skaters, parents and coaches must abide by the Edge Academy/Freestyle Rules as well as adhere to the Foothills Park and Recreation District Code of Conduct.**

## Academy Session/Class Descriptions

- **Freestyle sessions:** Figure skating sessions designed for individual practice. Private lessons may be scheduled during this time but do not include ice fees.
- **Combined On & Off Ice Classes**
  - **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
  - **Dance** – Explores various styles of ice dance and includes instruction for specific patterns as well as choreography and expression
  - **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
  - **Need for Speed** – Designed to increase a skaters overall speed across the ice, will include timed drills for weekly comparison
  - **Steppin' Out** – Improve your step sequence vocabulary through choreographed practice of original and Olympic level step sequences
- **Off Ice Classes**
  - **Core Fusion** – Exercises devoted to building core strength and balance through the use of physio equipment
  - **Yoga** – Designed specifically for skaters to stretch, strengthen, and tone mind and body
- **Exhibitions** – Competition simulation. Available only as an a la carte purchase unless on an Unlimited Monthly Package