

Edge Figure Skating Academy

March 2023

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

(Freestyle sessions limited to 22 skaters)

* 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

Classes:

15-minute: \$7.00 each

30-minute: \$10 each

45-65 minute: \$15.00 each

TRAINING PACKAGE PRICING:
Starter Package: \$185.00

12 FS/ 8 Classes per month

Developmental Package: \$310.00

24 FS/ 10 Classes per month

Accelerated Package: \$440.00

36 FS/ 14 Classes per month

Premier Package: \$525.00

Unlimited sessions and classes

MON	TUE	WED	THU	FRI	SAT
		1	2	3	4
		5:45-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS (open) 3:30-4:15 pm FS 4:15-5:15 pm FS 5:30-6:00 pm Spin to Win 6:00-7:00 pm FS	5:45-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:15 am FS (open) 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:15 pm Need for Speed 5:30-6:15 pm FS 6:15-7:00 pm FS (open)	7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS (open)	7:45-8:30 am FS 8:30-9:15 am FS (open) 9:15-9:45 am Ice Dance
6	7	8	9	10	11
5:45-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS (open) 3:30-4:15 pm FS 4:15-5:00 pm FS **5:00-5:50 pm Mad Hops (MH starts on ice)	5:45-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:15 am FS (open) 3:30-4:30 pm FS 4:30-5:30 pm FS	5:45-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS (open) 3:30-4:15 pm FS 4:15-5:15 pm FS 5:30-6:00 pm Moves MashUp 6:00-7:00 pm FS	5:45-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:15 am FS (open) 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:15 pm Need for Speed 5:30-6:15 pm FS 6:15-7:00 pm FS (open)	7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS (open)	7:45-8:30 am FS 8:30-9:15 am FS (open) 9:15-9:45 am Ice Warrior
13	14	15	16	17	18
5:45-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS (open) 3:30-4:15 pm FS 4:15-5:00 pm FS **5:00-5:50 pm Mad Hops (MH starts on ice)	5:45-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:15 am FS (open) 3:30-4:30 pm FS 4:30-5:30 pm FS	5:45-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS (open) 3:30-4:15 pm FS 4:15-5:15 pm FS 5:30-6:00 pm Spin to Win 6:00-7:00 pm FS	5:45-6:45 am FS 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:15 am FS (open) 3:30-4:15 pm FS 4:15-5:00 pm FS 5:00-5:15 pm Need for Speed 5:30-6:15 pm FS 6:15-7:00 pm FS (open)	7:00-7:45 am FS 7:45-8:30 am FS 8:30-9:15 am FS (open)	7:45-8:30 am FS 8:30-9:15 am FS (open) 9:15-9:45 am Ice Dance
20	21	22	23	24	25
7:30-8:30 am FS 8:30-9:30 am FS 9:30-10:00 am Mad Hops 10:15-11:00 am FS 11:00-11:45 am FS 3:30-4:15 pm FS (open) 4:15-5:00 pm FS (open)	7:30-8:30 am FS 8:30-9:30 am FS 9:30-10:00 am Need for Speed 10:15-11:00 am FS 11:00-11:45 am FS	7:30-8:30 am FS 8:30-9:30 am FS 9:30-10:00 am Spin to Win 10:15-11:00 am FS 11:00-11:45 am FS	7:30-8:30 am FS 8:30-9:30 am FS 9:30-10:00 am Moves MashUp 10:15-11:00 am FS 11:00-11:45 am FS	7:30-8:30 am FS 8:30-9:30 am FS 9:30-10:00 am Mad Hops 10:15-11:00 am FS 11:00-11:45 am FS	7:45-8:30 am FS 8:30-9:15 am FS (open) 9:15-9:45 am Ice Warrior
27	28	29	30	31	
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2023 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

- **All registrations, including training packages, must be purchased online at ifoothills.org.** March training packages are available for purchase **February 12-19**. Skaters purchasing a training package must submit a hard copy of their selected sessions no later than **February 20**. March a la carte sessions open for purchase on **February 28**.
- 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 training 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) 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. **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) and Nick Kraft (nkraft@fhprd.org).
- Registration ice time is filled on a first come, first serve basis, with training 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

(class offerings vary monthly)

- **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
 - **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
 - **Spin to Win** – Spin technique taught both on and off the 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
 - **Moves MashUp** – Strengthen your turns, steps, and skating skills while moving to the beat in this high energy class
 - **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**
 - **Performance & Interpretation** – Explore new music and choreographic styles while improving performance skills to enhance program component scores