June 2023 Edge Figure Skating Academy

LEVEL REQUIREMENTS:
Freestyle (FS): Open only to figure skaters that are enrolled in Basic 4 or above
Freestyle Open (FS OPEN): Open only to figure skaters that are enrolled in Basic 4 or above

Classes/Exhibitions:
High (H): Pre Juvenile Free Skate test or higher
Low (L): Basic 4 or Preliminary Free Skate test

Playing the Game - Open to Excel Beginner/Free Skate 2 or higher

* denotes off ice class, must have athletic footwear
** denotes classes with on and off ice components, must have athletic footwear

A LA CARTE PRICING:
12 FS/ 8 Classes (no Exhibitions) per month
Developmental Package:
Unlimited sessions, classes and exhibitions

TUE:
24 FS/ 16 Classes & Exhibitions per month
15-minute: $7.00 each
Premier Package:
45-65 minute: $15.00 each

WED:

THU:

MONTHLY PACKAGE PRICING:
45-65 minute: $15.00 each
Accelerated Package
Exhibitions: $15 each
40 FS/ 20 Classes & Exhibitions per month
Premier Package: $600.00

Unlimited sessions, classes and exhibitions

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Unlimited sessions, classes and exhibitions
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. June training packages are available for purchase May 14-21. Skaters purchasing a training package must submit a hard copy of their selected sessions no later than May 22. June a la carte sessions open for purchase on May 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 training packages and a la carte purchases will only be allowed within the current month, with 36 hours advance notice, 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

- 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 (athletic shoes required for participation)
  - 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
  - Cluster Busters – Fine tune your ability to perform multiple turns on one foot with continuous flow
  - 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
  - Minute 2 Win It – Drills focused on power, jumps, and spins designed to challenge your abilities in a fun and competitive setting
  - Wow the Crowd – Learn show stopping performance tricks designed to enhance program appeal and captivate your audience
- Off Ice Classes (athletic shoes required for participation)
  - Ballet – Designed specifically for figure skaters, improve your posture and carriage while improving your ability to relate ballet movement to the ice
  - Core Fusion – Exercises devoted to building core strength and balance through the use of physio equipment
  - Yoga – Sports specific movement designed to stretch, strengthen, and tone body and mind
- Exhibitions – Competition simulation. Skaters must wear competition attire. Skaters without competition attire will not be allowed to participate and will not be given a refund or credit.