

# August 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 to figure skaters of all levels

**Classes/Exhibitions:**

High (H): Pre Juvenile Free Skate test or higher

Low (L): Basic 4-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:**

30-min. FS: \$6.75 each

45-min. FS: \$10 each

60-min. FS: \$13.50 each

Exhibitions: \$15 each

Classes:

15-minute: \$7.00 each

30-minute: \$10 each

45-65 minute: \$15.00 each

**MONTHLY PACKAGE PRICING:**
**Starter Package:** \$190.00

12 FS/ 8 Classes (no Exhibitions) per month

**Developmental Package:** \$365.00

24 FS/ 16 Classes &amp; Exhibitions per month

**Accelerated Package:** \$540.00

40 FS/ 20 Classes &amp; Exhibitions per month

**Premier Package:** \$600.00

Unlimited sessions, classes and exhibitions

MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5
	7:00-8:00 am FS 8:00-8:45 am FS **8:10-9:15 am Mad Hops (H) MH (H) starts off ice **8:45-9:50 am Mad Hops (L) MH (L) starts on ice 9:30-10:00 am EX (H) 10:00-10:45 am FS 10:45-11:30 am FS 11:30-11:45 am Wow the Crowd *11:55-12:40 pm Ballet (H) 3:45-4:45 pm FS (open)	7:00-8:00 am FS 8:00-8:45 am FS 9:00-9:45 am Ice Warrior 9:45-10:30 am FS 10:30-11:15 am FS 11:15-11:45 am Minute 2 Win It *11:55-12:25 pm Core Fusion	7:00-8:00 am FS 8:00-8:45 am FS **8:10-9:15 am Spin to Win (L) STW (L) starts off ice **8:45-9:50 am Spin to Win (H) STW (H) starts on ice 9:30-10:00 am EX (L) 10:00-10:45 am FS 10:45-11:30 am FS 11:30-11:45 am Cluster Busters	7:00-8:00 am FS 8:00-8:45 am FS 9:00-9:45 am Extreme Edges 9:45-10:45 am FS (open) 10:45-11:45 am FS (open)	10:45-11:45 am FS (open)
7	8	9	10	11	12
7:00-8:00 am FS 8:00-8:45 am FS 9:00-9:45 am Playing the Game -IJS (Excel Beginner/Free Skate 2 or higher) 9:45-10:30 am FS 10:30-11:15 am FS **11:15-12:25 pm Power Hour PH starts on ice 3:45-4:45 pm FS (open)	7:00-8:00 am FS 8:00-8:45 am FS **8:10-9:15 am Mad Hops (H) MH (H) starts off ice **8:45-9:50 am Mad Hops (L) MH (L) starts on ice 9:30-10:00 am EX (H) 10:00-10:45 am FS 10:45-11:30 am FS 11:30-11:45 am Wow the Crowd *11:55-12:40 pm Yoga (H) 3:45-4:45 pm FS (open)	7:00-8:00 am FS 8:00-8:45 am FS 9:00-9:45 am Ice Warrior 9:45-10:30 am FS 10:30-11:15 am FS 11:15-11:45 am Minute 2 Win It *11:55-12:25 pm Core Fusion	7:00-8:00 am FS 8:00-8:45 am FS **8:10-9:15 am Spin to Win (L) STW (L) starts off ice **8:45-9:50 am Spin to Win (H) STW (H) starts on ice 9:30-10:00 am EX (L) 10:00-10:45 am FS 10:45-11:30 am FS 11:30-11:45 am Cluster Busters *11:55-12:40 pm Yoga (L)	7:00-8:00 am FS 8:00-8:45 am FS 9:00-9:45 am Extreme Edges 9:45-10:45 am FS (open) 10:45-11:45 am FS (open)	10:45-11:45 am FS (open)  <b>MESC TEST SESSION</b>
14	15	16	17	18	19
7:00-8:00 am FS 8:00-8:45 am FS 9:00-9:45 am Playing the Game -IJS (Excel Beginner/Free Skate 2 or higher) 9:45-10:30 am FS 10:30-11:15 am FS **11:15-12:25 pm Power Hour PH starts on ice 3:45-4:45 pm FS (open)	<b>JEFFCO SCHOOLS START</b>  3:00-3:45 pm FS 3:45-4:45 pm FS	7:00-8:00 am FS 8:00-9:00 am FS (open)  3:00-3:30 pm FS 3:30-4:15 pm FS 4:15-5:15 pm FS 5:30-6:00 pm EX (L) 6:00-7:00 pm FS (open)	6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS (open)  3:00-3:30 pm FS 3:30-4:15 pm FS 4:15-5:15 pm FS 5:15-5:45 pm EX (H) 6:00-7:00 pm FS (open)	6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS (open)  <b>NO AFTERNOON SESSIONS HOCKEY TOURNAMENT</b>	
21	22	23	24	25	26
7:00-8:00 am FS 8:00-9:00 am FS (open)  3:00-3:45 pm FS 3:45-4:30 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)  3:00-3:45 pm FS 3:45-4:45 pm FS	7:00-8:00 am FS 8:00-9:00 am FS (open)  3:00-3:30 pm FS 3:30-4:15 pm FS 4:15-5:15 pm FS 5:30-6:00 pm Mad Hops 6:00-7:00 pm FS (open)	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)  3:00-3:30 pm FS 3:30-4:15 pm FS 4:15-5:15 pm FS 5:30-6:00 pm Minute to Win It 6:00-7:00 pm FS (open)	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)  3:00-3:30 pm FS 3:30-4:15 pm FS 4:15-5:00 pm FS	
28	29	30	31		
7:00-8:00 am FS 8:00-9:00 am FS (open)  3:00-3:45 pm FS 3:45-4:30 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)  3:00-3:45 pm FS 3:45-4:45 pm FS	7:00-8:00 am FS 8:00-9:00 am FS (open)  3:00-3:30 pm FS 3:30-4:15 pm FS 4:15-5:15 pm FS 5:30-6:00 pm Extreme Edges 6:00-7:00 pm FS (open)	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)  3:00-3:30 pm FS 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 (open)		

# 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](http://ifoothills.org).** August training packages are available for purchase **July 16-23**. Skaters purchasing a training package must submit a hard copy of their selected sessions no later than **July 24**. August a la carte sessions open for purchase on **July 31**.
- 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](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 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
  - **Playing the Game** – Designed for skaters Excel Beginner and above, this class focuses on the rules for IJS and strategies to maximize your score.
  - **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.