

December 2023

Edge Figure Skating Academy

Online registration begins Sunday, November 26.

Accelerated Training Program Pricing:

Monday: \$24/daily session (requires athletic shoes)

Includes 60 min. FS, 35 min. on and off ice class

Tuesday: \$18/daily session

Includes 60 min. FS, 15 min. on ice class

Wednesday: \$24/daily session (requires athletic shoes)

Includes 60 min. FS, 35 min. on and off ice class

Thursday: \$24/daily session

Includes 60 min. FS, 40 min. on and off ice class

*Pricing does NOT include private lessons.

Session/Exhibition Pricing:

30-min. FS: \$6.75 each

45-min. FS: \$10 each

60-min. FS: \$13.50 each

Exhibitions (EX): \$15 each

Package Pricing:

Unlimited: \$550/month

Includes: ALL sessions, exhibitions, AND Accelerated Training Program Days

***Purchase your package online by 11/12 and submit a hardcopy of all selected sessions,exhibitions and programs by 11/13**

| MON | TUE | WED | THU | FRI | | | | | |
|--|-----|---|-----|---|----|---|----|---|----|
| Session Level Requirements: Freestyle (FS)- Figure skaters enrolled in Pre- Academy 3/Basic 4 or above Freestyle Open (FS OPEN)- Figure skaters of all levels | | | | 1 | | | | | |
| 7:00-8:00 am FS 8:00-9:00 am FS (open) 3:00-3:30 pm FS (open) 3:30-4:30 pm FS 4:30-6:15 pm Accelerated Training Program | 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) 3:00-3:30 pm FS (open) 3:30-4:15 pm FS 4:15-5:30 pm Accelerated Training Program | 5 | 7:00-8:00 am FS 8:00-9:00 am FS (open) 3:00-3:30 pm FS (open) 3:30-4:15 pm FS 4:15-6:00 pm Accelerated Training Program | 6 | 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 (open) 3:30-4:15 pm FS 4:15-6:00 pm Accelerated Training Program 6:15-6:30 pm Exhibitions | 7 | 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 (open) 3:30-4:15 pm FS (open) 4:15-5:00 pm FS (open) | 8 |
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| 7:00-8:00 am FS 8:00-9:00 am FS (open) 3:00-3:30 pm FS (open) 3:30-4:30 pm FS 4:30-6:15 pm Accelerated Training Program | 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) 3:00-3:30 pm FS (open) 3:30-4:15 pm FS 4:15-5:30 pm Accelerated Training Program | 19 | 7:30-8:30 am FS 8:30-9:30 am FS 9:45-10:45 am FS 10:45-11:45 am FS 4:15-5:00 pm FS (open) 5:00-5:45 pm FS (open) | 20 | 7:30-8:30 am FS 8:30-9:30 am FS 9:45-10:45 am FS 10:45-11:45 am FS 4:15-5:00 pm FS (open) 5:00-5:45 pm FS (open) | 21 | 7:30-8:30 am FS 8:30-9:30 am FS 9:45-10:45 am FS (open) 10:45-11:45 am FS (open) | 22 |
| CHRISTMAS CLOSED | 25 | No Sessions | 26 | 7:30-8:30 am FS 8:30-9:30 am FS 9:45-10:45 am FS (open) 10:45-11:45 am FS (open) | 27 | 7:30-8:30 am FS 8:30-9:30 am FS 9:45-10:45 am FS (open) 10:45-11:45 am FS (open) | 28 | 7:30-8:30 am FS 8:30-9:30 am FS 9:45-10:45 am FS (open) 10:45-11:45 am FS (open) | 29 |

2023 Figure Skating Academy

If purchasing an Unlimited Package, kindly fill out the information below.

Skater's Name: _____ Coach: _____

Phone: _____ E-mail: _____

Figure Skating Academy Policies

- **All registrations, including unlimited packages, must be purchased online at ifoothills.org.** Online registration for a la carte sessions, classes, and training packages close 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 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 unlimited 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.**

Accelerated Training Program

The Accelerated Training Program is designed for skaters, Basic 4 and above, who desire a higher level of training in order to maximize their aptitude in the sport. The program offers daily training blocks that may be purchased weekly and include a 60-minute freestyle session and on/off ice classes. **Skaters participating in the training blocks are required to attend ALL components of the program.** The program does not include private lessons but ALL class components will be taught by multiple coaches with skaters grouped by ability, to ensure proper skill development and level of difficulty/challenge for each skater. The included classes will rotate each week providing skaters an opportunity for well-rounded training. Classes may include:

- **Mad Hops** – Jump technique taught both on and off the ice
- **Power** – 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
- **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
- **Core Fusion** – Exercises devoted to building core strength and balance through the use of physio equipment