

August 2024

Edge Figure Skating Academy

Online single session/class registration begins Sunday, July 28, 2024.

Session Requirements:

Freestyle (FS)- Figure skaters enrolled in Pre-Academy 3/Basic 4

Freestyle Open (FS OPEN)- Open to figure skaters of all levels

Classes/Exhibitions:

High (H): Pre Bronze Singles Test or higher

Low (L): Pre-Academy 3/Basic 4-Preliminary Singles test

Game of Points - Open to Academy Prep 1/Aspire 1 or higher

* denotes off ice class, must have athletic footwear

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

Session/Exhibition Pricing:

45-min. FS: \$10 each

60-min. FS: \$13.50 each

Exhibitions: \$15 each

Classes:

30-minute: \$10 each

45-70 minute: \$15.00 each

| MON | TUE | WED | THU | FRI |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1 | 2 |
| | | | 7:00-8:00 am FS 8:00-8:45 am FS 8:45-9:15 am Need for Speed *9:20-9:50 am (H) Building Better Power 9:30-10:00 am EX (L) 10:00-10:45 am FS (open) 10:45-11:45 am FS (open) | 7:30-8:30 am FS (open) 8:30-9:30 am FS (open) 9:30-10:15 am FS (open) |
| 5 | 6 | 7 | 8 | 9 |
| 7:30-8:15 am FS 8:15-9:00 am FS 9:15-9:45 am Building Better Jumps 9:45-10:30 am FS (open) 10:30-11:15 am FS (open) **11:15-12:25 pm Power Hour (11:15 am on ice/11:55 am off ice) 3:45-4:45 pm FS (open) | 7:00-8:00 am FS 8:00-8:45 am FS 8:45-9:15 am Game of Points- Academy Prep 1/Aspire 1 or higher *9:20-9:50 am (L) Building Better Agility 9:30-10:00 am EX (H) 10:00-10:45 am FS (open) 10:45-11:45 am FS (open) *11:55-12:40 pm Skater's Pilates (skaters must provide a yoga mat) 3:45-4:45 pm FS (open) | 7:30-8:15 am FS 8:15-9:00 am FS 9:15-9:45 am Ice Warrior 9:45-10:30 am FS (open) 10:30-11:15 am FS (open) **11:15-12:25 pm Spin to Win (11:15 am on ice/11:55 am off ice) | 7:00-8:00 am FS 8:00-8:45 am FS 8:45-9:15 am Need for Speed *9:20-9:50 am (H) Building Better Agility 9:30-10:00 am EX (L) 10:00-10:45 am FS (open) 10:45-11:45 am FS (open) | 7:30-8:15 am FS 8:15-9:00 am FS 9:15-9:45 am Extreme Edges 9:45-10:45 am FS (open) 10:45-11:45 am FS (open) |
| 12 | 13 | 14 | 15 | 16 |
| 7:30-8:15 am FS 8:15-9:00 am FS 9:15-9:45 am Building Better Spins 9:45-10:30 am FS (open) 10:30-11:15 am FS (open) **11:15-12:25 pm Power Hour (11:15 am on ice/11:55 am off ice) 3:45-4:45 pm FS (open) | 7:00-8:00 am FS 8:00-8:45 am FS 8:45-9:15 am Game of Points- Academy Prep 1/Aspire 1 or higher *9:20-9:50 am (L) Building Better Power 9:30-10:00 am EX (H) 10:00-10:45 am FS (open) 10:45-11:45 am FS (open) *11:55-12:40 pm Skater's Pilates (skaters must provide a yoga mat) 3:45-4:45 pm FS (open) | 7:30-8:15 am FS 8:15-9:00 am FS 9:15-9:45 am Ice Warrior 9:45-10:30 am FS (open) 10:30-11:15 am FS (open) **11:15-12:25 pm Spin to Win (11:15 am on ice/11:55 am off ice) | 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 (open) 3:45-4:45 pm FS (open) | 6:45-7:30 am FS 7:30-8:15 am FS 8:15-9:00 am FS (open) Hockey Tournament No Afternoon Sessions |
| 19 | 20 | 21 | 22 | 23 |
| 7:00-8:00 am FS 8:00-9:00 am FS (open) 3:00-3:45 pm FS (open) 3:45-4:45 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) 3:00-3:45 pm FS (open) 3:45-4:45 pm FS (open) | 7:00-8:00 am FS 8:00-9:00 am FS (open) 3:00-3:45 pm FS (open) 3:45-4:45 pm FS (open) 5:00-6:00 pm FS (open) 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) 3:00-3:45 pm FS (open) 3:45-4:45 pm FS (open) 5:00-6:00 pm FS (open) 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 (open) 3:30-4:15 pm (open) 4:15-5:00 pm (open) |
| 26 | 27 | 28 | 29 | 30 |
| 7:00-8:00 am FS 8:00-9:00 am FS (open) 3:00-3:45 pm FS (open) 3:45-4:45 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) 3:00-3:45 pm FS (open) 3:45-4:45 pm FS (open) | 7:00-8:00 am FS 8:00-9:00 am FS (open) 3:00-3:45 pm FS (open) 3:45-4:45 pm FS (open) 5:00-6:00 pm FS (open) 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) 3:00-3:45 pm FS (open) 3:45-4:45 pm FS (open) 5:00-6:00 pm FS (open) 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 (open) 3:30-4:15 pm (open) 4:15-5:00 pm (open) |

2024 Figure Skating Academy

If purchasing a 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 single session/class purchases 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 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, stamina, and core strength
 - **Spin to Win** – Spin technique taught both on and off the ice
- **On Ice Classes**
 - **Building Better Jump/Spins** – Improve your foundational jump and spin technique through a series of exercises and drills specific to jumping and spinning
 - **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
 - **Game of Points** – Designed for skaters Academy Prep 1/Aspire 1 and above, this class focuses on the rules for IJS and strategies to maximize your score.
 - **Ice Warrior** – Obstacle course designed to develop agility, quickness, balance, and coordination through on ice games
 - **Need for Speed** – Designed to increase a skater's overall speed across the ice, will include timed drills for weekly comparison
- **Off Ice Classes (athletic shoes required for participation)**
 - **Building Better Athleticism** – Improve your foundational athleticism through a series of exercises and drills specific to the weekly focus of agility, power, flexibility, balance, and coordination
 - **Skater's Pilates (skaters must supply a yoga mat)** – Designed to stretch, strengthen, and tone sports specific muscle groups for skating
- **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.