



## **INTRODUCTORY FIGURE SKATING ACADEMY (IFSA) SPRING 2021 PROGRAMS SCHEDULE**

This class is designed for skaters between the ages of 4 and 8 (boys age 9) that show a natural affinity for figure skating. With a curriculum aimed at developing solid fundamentals in a fun, progressive and sequential manner, skaters are prepared for entrance into Skate Canada's STARSkate or Competitive Skate Programs. Our coaches introduce figure skating specific skills to include edges and turns, beginning jumps and spins, performance, and off ice training.

**IFSA is an invitation only program.**

**Skater must be 8 years old or younger (boys 9) as of July 1, 2020**

### **ON Ice SCHEDULE:**

On Ice class consists of small group lesson/practice on ice

<b>Thursdays</b>	Southside Arena 10525-72 Avenue	April 8 – May 20, 2021 (7 weeks)	6:15-7:00 pm on-ice (45 min/week) <b>\$143.50</b>
<b>Saturdays</b>	Southside Arena 10525-72 Avenue	April 10-May 22, 2021 (7 weeks)	8:45-9:30 am on-ice (45 min/week) <b>\$143.50</b>

**\*\* Registration fee is inclusive of all ice time and coaching fees for both on ice and off ice sessions. Skaters are expected to participate in both on ice sessions weekly, if possible.**

**\*\* Off Ice** is scheduled for 3 times/week. Skaters are expected to attend a minimum of 2 off ice sessions each week and can attend all 3 if they wish. Off Ice classes will be conducted via Zoom Meetings. Zoom links will be shared after registration.

### **\*\* Off Ice Schedule:**

- Tuesdays Technique – 4:15-4:45 pm
- Fridays Technique - 4:15-4:45 pm
- Saturdays Fitness – 11:00-11:30 am

More information and registration links can be found on our website at [www.derrickskating.ca](http://www.derrickskating.ca) under the "Skating Program" then "Introductory Figure Skating Academy".

For further information or questions, please contact: [office@derrickskating.ca](mailto:office@derrickskating.ca).