



# INTRODUCTORY FIGURE SKATING ACADEMY (IFSA)

## Winter 2023 PROGRAM SCHEDULE

This class is designed for skaters between the ages of 4 and 8 (boys aged 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.

Skaters **must** choose to skate **2 days per week** at minimum. A third skating day is recommended for accelerated progress.

**\*\*Skater must be 8 years old or younger (boys 9) as of July 1, 2022**

### **IFSA Skating Days:**

Includes: 30 minutes off ice class, 45 small group lessons on ice

<b>Wednesday IFSA</b>	Wednesday – Meadows Arena** (2704-17 Street)	5:00 – 5:30pm Off-ice 5:45 -6:30pm On-ice	January 18 – May 3, 2023 (15w) *NO skating March 29
<b>Thursday IFSA</b>	Thursday - Kinsmen Twin** (1979-111 Street)	5:45 -6:30pm On-ice 6:45-7:15 pm Off-ice	January 12 – May 4, 2023 (15w) *NO skating February 16 & March 30
<b>Saturday IFSA</b>	Saturday – Confed Arena (11204-43 Avenue)	9:30-10:00am Off-ice 10:15-11:00am On-ice	January 14 – April 29, 2023 (15w) *NO skating April 1
<b>Sunday IFSA</b>	Sunday – Confed Arena (11204-43 Avenue)	11:45-12:15pm Off-ice 12:30-1:15pm On-ice	January 15 – May 7, 2023 (16w) *NO skating April 2

**\*\* Wednesday/Thursday classes move to Confed Arena starting on April 1**

**All IFSA Skaters will participate in our Rising Stars Performance Event on Saturday May 6. Please mark the date in your calendar.**

**\* IFSA Packages are pre-built as the following:**

- Wednesday/Saturday
- Thursday/Saturday
- Wednesday/Sunday
- Thursday/Sunday

You can add on a third individual day to any package.