

Off Ice Classes

The skaters will be targeting different areas each day. Conditioning, Strength Training, Ballet, Yoga, Stretch & Flexibility etc. will be covered, as well as time management, goal setting, focusing, mental training and nutrition.

Test Days

Please Note: Test day fees and ice time are not included in the membership price

High/Low & Competitive Test Day:

We have requested a High & Low Test Day (August 11 & 12).
Test Days will be granted by EOS based on evaluator availability

Freeskate Only Memberships

1 Freeskate per day, 3 days/week for 6 weeks \$285+gst/week

1 Freeskate per day, 3days/week for 4 weeks \$195+gst/week

1 Freeskate per day, 2 days/week for 6 weeks \$195+gst/week

1 Freeskate per day, 2 days/week for 4 weeks \$135+gst/week

Guest Skating Fees \$20 each Freeskate Session

CLARINGTON SKATING ACADEMY – POLICIES AND PROCEDURES - 2009

1. Skaters must do Off-ice and Group Classes in order to attain maximum benefit from the Competitive program.
2. Parents are not allowed to coach, teach, lecture or encourage at the boards. Interrupting focus during a moving session is considered hazardous. Parents can view the skater's sessions from the stands or lobby area.
3. If you need to speak with your coach, please knock before entering the coach's room. Remember that the coaches use their room as a place for breaks, meetings and discussions.
4. The Skating Director & coaches have the right to replace skaters on other sessions due to: skaters' work ethic, competitive or test record, or membership situation.
5. During the Freeskate session the soloist has the complete right of way, followed by skaters in lessons.
6. Skaters must exit the ice as soon as the zamboni gate opens and enter the ice only when the gate is fully closed.
7. Do NOT stand or coast in the middle of the ice. Be aware of the fast moving sessions. The Director has the right to dismiss any skater with improper behavior.
8. Skaters should commit to an energized work ethic that enhances the training environment.
9. Any skaters that start skating without registering or without payment WILL be suspended.
10. Coaches may not bring a skater on another session to teach without clearing this through the Directors. If space permits and agreed, the coach may teach for a maximum of 15 minutes and then the skater must exit the ice.
11. REFUND POLICY: THE CLARINGTON SKATING ACADEMY does NOT give refunds, except in the case of a medical emergency with a Doctor's note.
12. Members with NSF cheques will not be allowed to re-register without payment in full, and will be charged a \$25 administration fee.
13. Any important skater information will either be posted at the ice level music room or on the bulletin board in the lobby.

COMPETITIVE – TUES, WED, THURSDAY

Must have passed pre-novice competitive test or complete jr.silver freeskate

8:30-9:30 Off Ice
9:45-10:30 Freeskate
10:45-11:15 Goal Setting & Lunch
11:25-12:10 Freeskate
12:10-12:20 Flood & Snack/Drink break
12:20-12:35 Competition run-throughs & Freeskate
12:35-1:05 On Ice Moves in the Field

3 Days/Week \$140+gst/week or 2 Days/Week \$96 +gst/week
Partial Membership \$50/Day + gst/week

LEVEL 4 – TUES, WED, THURSDAY

Must have passed juvenile competitive test or all jr. bronze tests (complete set of dances, skills and freeskate)

8:30-9:30 Off Ice
9:45-10:30 Freeskate
10:45-11:15 Goal Setting & Lunch
11:25-12:10 Freeskate
12:15-12:30 Snack break & watch Simulations
12:35-1:05 On Ice Moves in the Field
1:05-1:20 Competition run-throughs & Freeskate

3 Days/Week \$140+gst/week or 2 Days/Week \$96+gst/week
Partial Membership \$50/Day + gst/week

COMPETITIVE / LEVEL 4 / LEVEL 3

COMPETITION RUN THROUGHS

Four skaters per day to do simulation run-through, the rest of the skaters are still on the ice but right of way given to soloist. Low numbers of skaters will be on the ice at this time.

ON ICE MOVES IN THE FIELD

Group work on maximizing point's incl. 15 min. of spins, & 15 min.footwork and spiral sequences. Group lessons will be organized and given by your own coach.

FREESKATE

The coaches may decide to utilize this time for run-throughs (4 skaters per day to do competition simulations)

POWERSKATING – THURSDAY

7:00-8:00 PM **\$130+gst /week for 6 sessions**

*1 night a week for 6 weeks beginning July 8th – August 13th.

* Players will be put in small groups in order to pay attention to individual skill levels and ages. They will rotate through the coaches, and each coach will cover something different each night. IE> Quick starts, stance, stride, backwards skating, turning both ways, stops & starts etc

LEVEL 3 – TUES, WED, THURSDAY

Must have passed all preliminary tests (complete set of dances, skills and freeskate)

9:30-10:30 Off Ice
10:40-11:25 Freeskate
11:30-12:00 Lunch & Goal Setting
12:00-12:15 Off Ice Jumps & Spins
12:15-12:30 Watch Simulations
12:35-1:05 On Ice Moves In the Field
1:05-1:20 Competition run-throughs & Freeskate

3 Days/Week \$120+gst/week or
2 Days/Week \$85+gst/week
Partial Membership \$45/Day + gst/week

LEVEL 2 – TUES, WED, THURSDAY

Must have passed a preliminary test

9:00-9:45 Freeskate
10:00-10:30 Off Ice
10:40-11:25 Freeskate
11:30-12:00 Lunch & Goal Setting
12:00-12:15 Off Ice Jumps & Spins

3 Days/Week \$110+gst/week or
2 Days/Week \$75 +gst/week
Partial Membership \$40/Day + gst/week

LEVEL 1 – TUES, WED, THURSDAY

No qualifications-must have private coach

9:00-9:45 Freeskate
10:00-10:30 Off Ice

3 Days/Week \$55+gst/week or
2 Days/Week \$40+gst/week
Partial Membership \$20/Day + gst/week

CANSKATE AND LEVEL 1 – THURSDAY

Group lessons are included in the price. Private lessons are available at an extra cost and are highly recommended.

6:00-7:00 PM

1 night a week for 6 weeks beginning July 8th – August 13th.

\$130+gst/week for 6 sessions

