



2019 NL Summer Skating Academy

July 8 – August 16

Paradise Double Ice Complex

Session Criteria

Senior – achieved one of the following: *complete Jr. Sil. Free *complete Sr Sil. Dances *Sr Sil. Skills *22+ pts in freeskate event this season.

Intermediate – passed STAR 4 program and elements

Junior – working on STAR 1-4 tests

Accelerated Canskate – working on CanSkate badges *offered Wks 1,2,3,6 (Monday-Thursday)

Dance/Pair Teams - all levels *offered all weeks dependant on registration numbers (Monday-Thursday)

	<u>Max number</u>
Senior	18
Intermediate	20
Junior	25
Accelerated Canskate	30

Guest Coaches

There will be a variety to guest coaches focussing on: Choreography, Skating Skills, Spin/Jump Technique. Guest coaches will be announced closer to registration date (late March).

Test Day

Week 5 – Friday August 9

scheduled sessions will be reduced on this day to accommodate tests

Online Registration - <https://skatenf.uplifterinc.com/registration>

Wednesday April 24th

<u>Cost/week</u>	Weeks 1,2,3,6	Weeks 4,5
SENIOR	\$215/wk	\$185/wk
INTERMEDIATE	\$195/wk	\$180/wk
JUNIOR	\$165/wk	\$150/wk
ACCELERATED CANSKATE (Wks 1,2,3,6)	\$80/wk (Mon-Thurs)	n/a
DANCE TEAMS	\$70/wk (per skater Mon-Thurs)	\$70/wk (per skater Mon-Thurs)

Discounts

3 weeks – 10%

4 weeks – 15%

5 weeks – 20%

6 weeks – 25%

Schedule for Weeks 1,2,3,6

Schedule(Monday-Thursday) Rink A and B		Schedule(Friday) Rink A and B	
7:30am-7:45am	Sr Stroking	7:30am-8:30am	Senior Free
7:45am-8:45am	Senior Free	8:30am-8:40am	FLOOD
8:45am-8:55am	FLOOD	8:40am-9:40am	Senior Free
8:55am-9:10am	Sr Spins/Footwork	9:40am-9:50am	FLOOD
9:10am-10:10am	Sr Free	9:50am-10:40am	Int Free
10:10am-10:20am	FLOOD	10:40am-10:50am	FLOOD
10:20am-10:40am	Int Skills/Dance	10:50am-11:40am	Int Free
10:40am-11:25am	Int Free	11:40am-12:50pm	Jr Free
11:25am-11:35am	FLOOD		
11:35am-12:20pm	Int Free		
12:20pm-12:35pm	Int Stroking	Off Ice Classes (Fridays)	
12:35pm-12:45pm	FLOOD	9:50am-10:35am	Senior
12:45pm-1:00pm	Jr Skills	10:45am-11:30am	Junior
1:00pm-1:45pm	Jr Free	11:50am-12:35pm	Intermediate
1:45pm-2:00pm	Jr Dance		
2:00pm-2:10pm	Jr Stroking		
2:10pm-2:20pm	FLOOD		
2:20pm-3:20pm	Accel Canskate (Rink A) Dance/Pairs (Rink B)		
OFF ICE CLASSES - Monday to Thursday			
10:30am-11:20am	Senior		
11:30am-12:20pm	Junior		
12:45pm-1:35pm	Intermediate		
1:40pm-2:10pm	Accelerated CanSkate		
Monday, Wednesday and Friday - CONDITIONING			
Tuesday and Thursday - YOGA or DANCE			

Schedule for Weeks 4 and 5

Schedule (Monday-Friday) Rink A and B	
1:30-2:20pm	Dance/Pair Teams (Rink A) *no session Friday
2:20-2:30pm	FLOOD
2:30pm-2:45pm	Junior Skills
2:45pm-3:30pm	Junior Free
3:30pm-3:45pm	Junior Dance
3:45pm-3:55pm	FLOOD
3:55pm-4:15pm	Int Skills/Dance
4:15pm-5:00pm	Int Free
5:10pm-5:20pm	FLOOD
5:20pm-6:05pm	Int Free
6:05pm-6:15pm	FLOOD
6:15pm-6:30pm	Sr Spins/Footwork
6:30pm-7:20pm	Sr Free
7:20pm-7:30pm	FLOOD
7:30pm-8:20pm	Sr Free
OFF ICE CLASSES - Monday to Friday	
2:45pm-3:35pm	Intermediate
4:00pm-4:45pm	Junior
5:10pm-6:00pm	Senior
Monday, Wednesday and Friday - CONDITIONING	
Tuesday and Thursday - YOGA or DANCE	