



# 2018 NL Summer Skating Academy

## July 2 – August 17



### Location

Week 1 to Week 2 – Jack Byrne Arena, Torbay

Week 3 to Week 7 – CBS Arena

### Session Criteria

**Senior** – achieved one of the following: complete Jr. Sil. free, complete Sr Sil. Dances, Sr Sil. Skills, or 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 5,6,7 (Monday-Thursday)

**Dance Teams (all levels)** \*offered wks 1,2,3,4

	<u>Max number</u>
Senior	18
Intermediate	20
Junior	25
Accelerated Canskate	40

### Guest Coaches

Week 1 – Josee Picard (Technical), Rebecca Babb(Choreography and Skating Skills)

Week 4 – Valerie Saurette (Choreography)

Week 5 – Lyndon Johnson (Technical)

Other Guest Coaches (wks TBD) - Joey Russell (Technical), Elizabeth Putnam (Technical or Choreography), Elladj Balde(Technical)

### Test Days

Week 3 – Friday July 20 and Week 6 – Friday August 10

*\*scheduled sessions may be reduced on these days to accommodate tests\**

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

**Tuesday April 24<sup>th</sup>**

6:00pm – JUNIOR registration open

6:30pm – INTERMEDIATE registration open

7:00pm – SENIOR, Accelerated Canskate, and Dance opens

### Cost/week

SENIOR	\$205/wk
INTERMEDIATE	\$185/wk
JUNIOR	\$155/wk
ACCELERATED CANSKATE (Wks 5,6,7)	\$80/wk (Mon-Thurs)
DANCE TEAMS (Wks 1,2,3,4)	\$60/wk (per skater)

### Discounts

2 weeks – 5%

3 weeks – 10%

4 weeks – 15%

5 weeks – 20%

6 weeks – 25%

7 weeks – 30%

## 2018 Skating Academy Schedule (Mon-Thurs)

### Group A

7:00am-7:15am	Sr Stroking (A)
7:15am-8:05am	Senior Free (A)
8:05am-8:15am	<b>FLOOD</b>
8:15am-8:30am	Sr Spins/Footwork (A)
8:30am-9:15am	Sr Free (A)
9:15am-9:30am	<b>FLOOD</b>
9:30am-9:45am	Int Skills/Dance (A)
9:45am-10:30am	Int Free (A)
10:30am-10:40am	<b>FLOOD</b>
10:40am-11:25am	Int Free (A)
11:25am-11:35am	Int Stroking (A)
11:35am-11:45am	<b>FLOOD</b>
11:45am-12:00pm	Jr Skills (A)
12:00pm-12:45pm	Jr Free (A)
12:45pm-1:00pm	Jr Dance (A)
1:00pm-1:10pm	Jr Stroking (A)
1:10pm-1:20pm	<b>FLOOD</b>

<b>1:20pm-2:10pm</b>	<b>Accel. Canskate OR Dance Teams (alt wks)</b>
2:10pm-2:20pm	<b>FLOOD</b>

### Group B

2:20pm-2:35pm	Jr Skills (B)
2:35pm-3:20pm	Jr Free (B)
3:20pm-3:35pm	Jr Dance (B)
3:35pm-3:45pm	Jr Stroking (B)
3:45pm-3:55pm	<b>FLOOD</b>
3:55pm-4:10pm	Int Skills/Dance (B)
4:10pm-4:55pm	Int Free (B)
4:55pm-5:05pm	<b>FLOOD</b>
5:05pm-5:50pm	Int Free (B)
5:50pm-6:00pm	Int Stroking (B)
6:00pm-6:10pm	<b>FLOOD</b>
6:10pm-7:00pm	Sr Freeskate (B)
7:00pm-7:15pm	Sr Stroking (B)
7:15pm-7:25pm	<b>FLOOD</b>
7:25pm-7:40pm	Sr Spins/Footwork (B)
7:40pm-8:25pm	Sr Freeskate (B)

### OFF ICE CLASSES - Monday to Thursday

#### Group A

8:15am-9:05am	Intermediate (A)
9:30am-10:20am	Senior (A)
10:45am-11:30am	Junior (A)
2:20pm-3:00pm	Accelerated CanSkate

#### Group B

3:00pm-3:45pm	Intermediate (B)
4:00pm-4:45pm	Junior (B)
5:00pm-5:50pm	Senior (B)

Monday, Wednesday and Friday - **CONDITIONING**

Tuesday and Thursday - **YOGA**

## 2018 Skating Academy Schedule (Friday)

### Group A

7:00am-7:50am	Dance Teams (Wks 1,2,3,4)
7:50am-8:50am	Senior Free (A)
8:50am-9:00am	<b>FLOOD</b>
9:00am-9:50am	Senior Free (A)
9:50am-10:00am	<b>FLOOD</b>
10:00am-10:45am	Int Free (A)
10:45am-10:55am	<b>FLOOD</b>
10:55am-11:40am	Int Free (A)
11:40am-12:40pm	Jr Free (A)
12:40pm-12:50pm	<b>FLOOD</b>

### Group B

12:50pm-1:50pm	Junior Free (B)
1:50pm-2:00pm	<b>FLOOD</b>
2:00pm-2:45pm	Int Free (B)
2:45pm-2:55pm	<b>FLOOD</b>
2:55pm-3:40pm	Int Free (B)
3:40pm-4:30pm	Sr Free (B)
4:30pm-4:40pm	<b>FLOOD</b>
4:40pm-5:30pm	Sr Free (B)

### Off Ice Classes (Fridays)

10:00am-10:45am	Senior (A)
10:50am-11:30am	Junior (A)
11:50am-12:40pm	Intermediate (A)/Junior (B)
2:30pm-3:20pm	Senior (B)
3:50pm-4:35pm	Intermediate (B)