ICEPALACE
FIGURE SKATING CLUB

REGISTER HERE

Junior Academy

Junior Academy is an introductory figure skating program for children who demonstrate the potential to excel in the sport. The program fast-tracks young skaters from CanSkate into our Junior Program and is designed to help them improve faster. Skaters are taught in small groups by Skate Canada Certified Coaches.

- For skaters 4–9 years old.
- Skaters must be invited to join this program. Contact us to arrange an evaluation.
- Junior Academy skaters must skate a minimum of 2 days per week. We recommend skating 3 or more days per week for faster progress.
- Junior Academy skaters may register for additional days by joining our JumpStart classes.

JumpStart

JumpStart is an introductory program for children interested in recreational figure skating. The program develops the fundamental skills needed to build confidence and progress in figure skating. Skaters are taught in small groups by Skate Canada Certified Coaches.

- For skaters 4–14 years old.
- Skaters must be invited to join this program. Contact us to arrange an evaluation.
- We recommend skating 2 days per week for faster progress.

DISCOUNTS

- Register for additional days and receive **20% off your second day and 30% off your third day.**
- Register two or more siblings and receive **10% off for each sibling.**

Equipment

- Skaters must wear figure skates with laces (no recreational skates). Ensure skates are tightened properly to provide good ankle support.
- Skaters must wear a CSA-approved hockey helmet unless the Coordinator has given permission to skate without one.
- Running shoes are required for off-ice classes.
- Skaters should wear warm clothing that is fitted to allow the coach to see the skater's lines and body positions. Bulky coats/hoodies are not permitted. For safety reasons, skin should not be exposed.
- Hair for girls should be neatly tied back in a ponytail or bun.
- Have blades sharpened before each season, wear hard guards when off the ice, and wipe blades dry with a soft cloth after skating.
- It is important that you purchase figure skates from a retailer with figure skating expertise. We recommend ProSkate and United Sport & Cycle for skates and sharpening.

ProSkate West Edmonton
16972- 111 Avenue, 780-481-5532
www.proskate.ca

United Sport & Cycle Main Store
7620 Gateway Blvd NW, 780-433-1181
www.unitedsport.ca

Age requirements are based on the start of each season: January 1, April 1, July 1, or September 1.
Skate Canada Registrant Fee: $58; paid once per skating year (September 1–August 31)



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Junior Academy & JumpStart Program Details

Before the class

- Please arrive 15 minutes before your class starts to ensure your skater is ready when the class begins.
- Please use your assigned dressing room to change and put on skates; do not use players' benches or ice level seating.
- Once your skater is ready, please line them up at the ice entrance. Coaches will be there to help skaters onto the ice.
- The dressing rooms are busy and have limited space. Each skater should have only one parent accompany them in the dressing rooms. Other family/friends should wait in the viewing area.

During the class

- A parent or guardian must remain at the arena throughout the class. Coaches cannot leave the ice to take skaters to the washroom or tie skates.
- Parents should watch the class from the bleachers or viewing area outside the rink doors. Please do not stand near the ice entrance or directly at the boards.
- Please do not interrupt the coaches or skaters once the class has started.

After the class

- Return to ice level a couple minutes before the class is finished to meet your skater as they exit the ice.

Training Expectations

- We expect our skaters to show up on time and ready to work hard! A training plan is set in place for every on-ice session to build a strong foundation for long-term success in the sport of figure skating.
- Our off-ice classes are mandatory and help improve flexibility, strength, balance, coordination, agility and jump rotation. This training complements our on-ice program and helps develop skaters into well-rounded athletes with all the skills needed to be successful.

Additional Information

- All lessons are non-refundable and non-transferable.
- Please note any cancellation days and arena location changes that are listed on the Uplifter registration site.
- Be sure to read the TV monitor at the arena to check which rink we are skating on. Rinks may be switched without notice.
- Some skaters will change groups within the first few sessions as we evaluate the skaters and ensure each skater is in the appropriate group.

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