



LEARN TO FIGURE SKATE

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 www.extremeedge.ca
 extreme.edge@shaw.ca

Club Office Address: 14528 - 66 Street, Edmonton, AB, T5C 3R7 Londonderry Leisure Centre *

Requires approval of the Program Director

Learn the fundamentals of figure skating in an encouraging and enthusiastic atmosphere

Junior Prep:

4-9 years of age

This is an introductory learn to figure skate program for highly motivated skaters choosing to learn at an accelerated level. This program is intended as an introduction to competitive figure skating. Online registration.

- Prepares skaters for the Junior figure skating program. See advanced program guide for more details.
- Recommended 3-4 days per week
- Must skate at least 2 days per week

What to Wear:

- All skaters must have their hair tied back for all program activities.
- CSA approved hockey Helmets are required.
- All skaters must wear **athletic or skating attire** during on-ice and off-ice programs. Example:
 - Girls – Skating dress, tights, sweater, gloves
 - Girls – Leggings, slim fitting shirt, sweater, gloves
 - Boys – Track pants or skating pants, shirt, sweater, gloves
- **NO** jeans, winter jackets, hoodies, baggy clothes, or shorts.
- Running shoes required for off-ice classes.

Skates:

- Figure skates (**not recreational skates**) are mandatory for this level.
- Skate guards:
 - Hard guards to walk in
 - Soft guards to transport skates - Blades must be dried with a rag prior to putting on soft guards
 - Store skates in open air, not in closed skate bag
 - Recommended store to purchase & sharpen skates:
United Sport & Cycle, 7620 Gateway Blvd



Junior Prep Schedule

September 9, 2018 – March 31, 2019

<p><u>Sunday - Londonderry</u> 11:15-11:45 Off Ice Technique 12:00-12:45 Group Development</p>	<p><u>Monday - Londonderry</u> 5:05-5:50 Yoga (Bring Mat) 6:00-6:45 Group Development</p>	<p><u>Tuesday - Londonderry</u> 5:45-6:15 Off Ice Technique 6:30-7:15 Group Development</p>
<p><u>Wednesday - Londonderry</u></p>	<p><u>Thursday - Londonderry</u> 5:00-5:30 Fitness for Figure Skaters 5:45-6:30 Group Development</p>	<p><u>Friday - Clareview B</u> 4:45-5:15 Off Ice Technique 5:30-6:15-Group Development</p>

Registration & Program Fees:

Please visit extremeedge.ca to access our new online registration. Click on the “Registration” tab at the top and click “Learn to Figure Skate.” Create an account to login.

- Skate Canada and EESC annual membership fee \$65.00
- Junior Prep 2 days per week \$145.00 monthly fee x 8 months
- Junior Prep 3-5 days per week \$160.00 monthly fee x 8 months
- 2 Volunteering commitments for the club:
 - #1 Dec 22, 2018 = work 1 shift volunteering before due date or pay \$100.00
 - #2 Apr 30, 2019 = work 2nd shift volunteering before due date or pay \$100.00

Calendar of Events:

September:

Sept 4-7 Kick off Schedule
 Sept 9 Fall/Winter Schedule begins

October:

Oct 7-8 No programming – Thanksgiving
 Oct 31 No programming after 6:00pm – Halloween

November:

Nov 11-12 No programming – Remembrance Day

December:

Dec 21 Club Christmas Party @ Clareview Arena. More info TBA.
 Dec 22-Jan 4 No programming – Christmas Break

January:

Jan 6 Resume Fall/Winter Schedule
 Jan 18 No programming

February:

Feb 17-18 No programming – Family Day

April-July: Schedule TBA