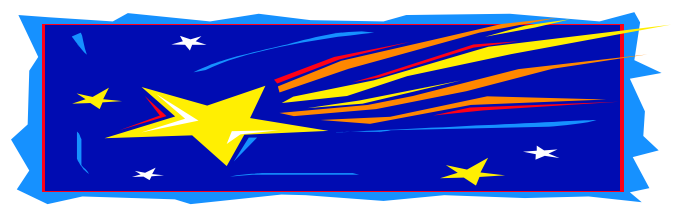


Rising Stars Academy



Back by popular demand, this is a jump-ahead program for students who wish to maximize instruction, ice time and skating FUN. What better way to improve skills, stay COOL and make new skating friends than to take part in our Rising Stars Academy! This unique opportunity to enhance performance includes the following weekly offerings:



Weekly Offerings:

- Two 30-minute Learn to Skate classes,
- Two 30-minute Practice Ice sessions immediately preceding Learn to Skate classes,
- One 60-minute Freestyle session,
- One 30-minute Off-Ice Conditioning Training class, and
- One 20-minute Ballet class

Enrollees will take a Learn to Skate class on **BOTH** Saturdays **AND** Tuesdays. Additionally, participants will skate one weekly freestyle session (please refer to the monthly freestyle calendar for specific session times). Freestyle sessions are unsupervised practice opportunities for dedicated figure skating practice. Many figure skaters take private lessons during these sessions while others work independently on their skills. The opportunity to increase the amount of time a skater is on the ice (helps individuals develop a “feel” for skating) along with practicing outside of lesson time are keys to finding success in skating. Please be aware that freestyle sessions are for serious and concentrated figure skating practice and are not sessions that focus on play time. Rising Stars participants will receive a copy of Greensboro Ice House Freestyle Session Etiquette and Rules of the Ice and will be required to adhere to these guidelines. **Rising Stars participants must sign the freestyle session log located at the inside front desk counter and must present their freestyle class card to front desk personnel to receive a “punch” for each session skated.**

Finally, Rising Stars will take ballet and off-ice conditioning from 10:50 to 11:40am on Saturdays. The ballet component will focus on posture, turn-out, toe point and basic ballet movement to enhance figure skating skills. The off-ice conditioning segment will help our Rising Stars learn the importance of stretching and warming up prior to taking to the ice.



Weekly Schedule:

- Weekly Freestyle Practice Session (consult freestyle calendar for specific times)
- Tuesday 5:45-6:15pm Practice Ice & 6:15-6:45 Learn to Skate Class
- Saturday 10:50-11:40am Ballet & Off-Ice Training
- Saturday 11:45am Practice Ice & 12:15pm Learn to Skate Class

Skaters will enroll in the same class level on both Saturday and Tuesday. If during the course of the semester, an instructor recommends that a participant move up a level, the coach on the alternate class day must also approve the move. In the event that the coaches do not concur, the Skating Director will make a final decision. In some cases, coaches and/or the Skating Director will recommend that skaters begin their Academy work in different class levels for optimal improvement.

The Rising Stars curriculum is just \$220 for the Spring term (7 sets of classes over the course of 9 weeks). With two hours and fifty minutes of training per week at only \$30/week for these four offerings (two classes, freestyle session and an off-ice conditioning/ballet class), your Rising Star can keep their cool this Spring AND boost their skating skills! This value-priced package represents a \$17/week savings if offerings were purchased separately.

Rising Stars participants will receive two class cards with a total of 14 complimentary public skate sessions, skate rental not included. The class cards will also contain the other benefits regularly included with registration in our Learn to Skate program (enrollment with United States Figure Skating Basic Skills, 10% Pro-Shop discount, etc.). The complimentary public sessions alone are a tremendous value ~ at minimum an \$70 benefit! The Rising Stars Academy offers skaters who are interested and committed to improving every opportunity to do so!



Non-Academy / Walk-on Pricing:

Walk-on Freestyle Session	\$9
Learn to Skate Class	\$13 per class
Walk-on Saturday Ballet Class	\$10
Walk-on Off-ice Conditioning Class	\$15

Rising Stars Pricing:

Freestyle Session	\$7
Learn to Skate Class	\$7 per class
Saturday Ballet Class	\$6
Off-ice Conditioning Class	\$10

Please be aware that enrollment in the Rising Stars Academy will include **ONE make-up opportunity**. The make-up class may be taken during any **Saturday Introductory Advantaged class** within the Spring term. Since the Advantaged class is an hour-long course which meets from 10:45-11:45am, the Rising Stars curriculum will include one make-up option as this covers two standard (thirty-minute) Saturday/Tuesday classes. Please be aware that the Advantaged class is geared toward skaters who have passed Basic 5 (minimum) and is a fast-paced and challenging course. Nevertheless, every effort will be made to provide appropriate instruction for Rising Stars participants needing to utilize the make-up opportunity.

As an added bonus to celebrate the popularity of this specialty class, we will reduce tuition by \$10 for all enrollments through February 29th!

The Rising Stars Academy is open to Basic 1 and up skaters who are at least six years old. Enrollment is for a single skater and neither classes nor benefits are transferable. No credits will be given for missed classes and all classes, including the single make-up opportunity (if needed), must be taken within the semester in which the skater is enrolled. Refunds for classes not taken must be requested of Skating Director by week 3. Class cards will be forfeited at the time of any approved refund. **The Rising Stars Academy will run from Saturday, March 1st through Saturday, April 26th.** There will be no classes on the following dates: Saturday, March 15th & Tuesday, March 18th (hockey tournament) and Saturday, March 22nd & Tuesday, March 25th (Easter/Spring Break). These are scheduled days off and therefore not included in tuition.

Rising Stars... Fast Track, Fun, Fitness & Friends!