



# INTRODUCTORY FIGURE SKATING ACADEMY (IFSA)

## Fall 2023 PROGRAM SCHEDULE

This class is designed for skaters between the ages of 4 and 8 (boys aged 9) that show a natural affinity for figure skating. With a curriculum aimed at developing solid fundamentals in a fun, progressive and sequential manner, skaters are prepared for entrance into Skate Canada's STARSSkate or Competitive Skate Programs. Our coaches introduce figure skating specific skills to include edges and turns, beginning jumps and spins, performance, and off ice training.

Skaters **must** choose to skate **2 days per week** at minimum. A third skating day is recommended for accelerated progress.

**\*\*Skater must be 8 years old or younger (boys 9) as of July 1, 2023**

### IFSA Skating Days:

Includes: 30 minutes off ice class, 45 small group lessons on ice

<b>Wednesday IFSA</b>	Wednesday – Meadows Arena (2704-17 Street)	6:00-6:45 pm On-ice 6:50-7:20 pm Off-ice	September 13 – December 13, 2023 (14w)
<b>Thursday IFSA</b>	Thursday - Kinsmen Twin (1979-111 Street)	5:00 -5:45 pm On-ice 5:50-6:20 pm Off-ice	September 14 – December 14, 2023 (14w)
<b>Saturday IFSA</b>	Saturday – Confed Arena (11204-43 Avenue)	9:30-10:00am Off-ice 10:15-11:00am On-ice	September 9 – December 16, 2023 (14w) <b>*OMIT Sat November 11</b>
<b>Sunday IFSA</b>	Sunday – Confed Arena (11204-43 Avenue)	11:45-12:15pm Off-ice 12:30-1:15pm On-ice	September 10 – December 17, 2023 (15w)

**\* IFSA Packages are pre-built as the following:**

- Wednesday/Saturday
- Wednesday/Sunday
- Thursday/Saturday
- Thursday/Sunday

You can add on a third individual day to any package.