

## S.A.S.C. JumpStart (Learn-To-Figure Skate) Program September 8, 2011 - May 13, 2012\*

\*Session end date will vary depending on which day of the week you skate and if you choose to participate in the year-end ice show  
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**Professional Coaching Staff  
4-7 Skaters in a Group  
Payment Reserves Placement**

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### 1) Cancellation/Refund Policy:

- 14 days before 1<sup>st</sup> class: Full refund
  - 0-14 days before 1<sup>st</sup> class- Full refund less \$25 Administration fee
  - 0-8 days after 1<sup>st</sup> class- Full refund less \$25 Administration fee and \$32.65 Skate Canada Fee\*
  - 8 or more days after 1<sup>st</sup> class- No refund available for any reason. Family credit only with doctor's note (credit expires in 12 months from issuing date.)
- Late Registrations: Registrations received after June 21, 2010 will be charged a \$25 fee (except for new members to the SASC and those moving up from CanSkate).**

### 2) Club Information:

Please ensure you have given a current email address on the registration form as all notices and newsletters will be sent via email for the upcoming season. It is your responsibility to check these notices or the SASC website: [www.stalbertsc.com](http://www.stalbertsc.com) for all skating information.

### 3) Equipment:

- Skater must supply their own skates and wear appropriate skating attire:
- 1) Proper skating attire is required. No jeans or hooded sweatshirts are allowed.
    - For girls this means a skating dress, sweater, and beige tights.
    - For boys this means track pants and a sweater.
  - 2) Figure skates are required for all skaters.
  - 3) All skaters must wear helmets.

### 4) Class Description:

Jumpstart is the next step from Canskate for skaters who are keen on learning skills specific to figure skating. There is no age limit in Jumpstart. Instead, entrance is based on ability and willingness to learn. The recommended requirement for a skater to enter the Jumpstart is to pass Level 2 or 3 in Canskate.

### 5) Cost:

**Below costs include all off-ice, on-ice and coaching fees as well as club membership and Fun days.**  
**N.S.F. Cheques:** A \$30 service charge will be charged on all NSF cheques.  
**Skate Canada Fee (\$32.65):** Payable once a season beginning on September 1 of every year.

#### Jumpstart Options for 1st day of skating

\*\*Receive a \$25 discount for every additional day you skate per week\*\*

	# of Skating Days	Dates of Classes	Total Cost	Total Monthly Cost (Jan-April- 4 Months)
<b>Thursday: 5:05-6:45pm</b>	18	Jan 5- May 10	\$324	\$81
<b>Saturday: 10:20am-12:00pm</b>	11 (No skate Jan 21)	Jan 6 - March 24	\$198	\$49.50
<b>Sunday: 3:20-4:30pm</b>	11 (No skate Jan 22)	Jan 7- March 25	\$165	\$41.25

#### Jumpstart Options for multiple days of skating (ice time shared with Junior Academy)

\*\*Receive a \$25 discount for every additional day you skate per week\*\*

	# of Skating Days	Dates of Classes	Total Cost	Total Monthly Cost (Jan-April- 4 Months)
<b>Monday: 4:50-6:30pm</b>	16	Jan 2- April 23	\$288	\$72

### 6) Fundraising:

Parents have the option to fundraise to help off-set skating costs by working monthly bingos at \$60/bingo + paid meal, or \$12/hour per shift at our April 13-15th competition. Please indicate your intention on the handout provided.

**7) Daily Schedule:**

	<b>Monday</b>	<b>Thursday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Off-ice Warm-up</b>	4:50-5:05pm	5:05-5:20pm	10:20-10:35am	3:20-3:35pm
<b>On-ice Lesson</b>	5:15-6:15pm	5:30-6:30pm	10:45-11:45am	3:45-4:30pm
<b>Off-ice Stretch</b>	6:20-6:30pm	6:35-6:45pm	11:50-12:00pm	N/A

**8) Session Break Down:**

- 1) Off-ice class (15 minutes):** Skating Office, Troy Murray Arena. Skaters perform a range of coordination exercises, balances, stretches and basic skating positions.
- 2) On-ice Stroking (15 minutes):** Troy Murray Arena. The class skates as one group using the entire ice surface and practices forwards and backwards skating and stopping.
- 3) On-ice Group Time (30 minutes):** Skaters break into groups to practice level-appropriate turning and jumping skills.
- 4) Creative- Thursday & Saturday, OR Edges- Monday & Wednesday (15 minutes):**  
Creative: skaters use the whole ice and skate to music; the purpose being to learn and interpret music and practice skills they have learned that day.  
Edges: Skaters practice forward edges and 3-turns in sequence.
- 5) Off-ice Stretch (10 minutes):** Skating Office, Troy Murray Arena. Skaters learn cool-down stretches for improved flexibility and to promote life-long fitness.

**9) Season Calendar:**

**Jumpstart skaters will have regular scheduled lessons until April 26. If they choose to parpracticing until the ice show on April 21, making it a 8 month program.**

<b>Date</b>	<b>Event</b>	<b>Time</b>	<b>Place</b>
December 21	<b>Christmas Concert-Spin/Spiral/ Jump for all JumpStarters- Spectators Welcome</b>	<b>Warm-up- 5:45-6:15pm Show- 6:30-8:15pm</b>	<b>Troy Murray Arena</b>
December 22	<b>Family Skate for all JumpStarters and their family members</b>	5:30-6:30pm (No off-ice warm-up or stretch)	Troy Murray Arena
Dec. 23- Jan. 1	Christmas Break	No Classes	
January 2	First Day Back		
January 14	SASC Fun Competition	8:00am-12:00pm	<b>Troy Murray Arena</b>
Feb. 27-March 1	Special Olympic Games	See amended schedule on website calendar	Troy Murray Arena
March 24	Saturday Report Cards & Pajama Day. Last day for Saturday skating.	Regular Skating Times	Troy Murray Arena
March 25	Last Day of Sunday Skating	Regular Skating Times	Troy Murray Arena
March 26- April 1	Spring Break	No Classes	
April 26	Thurs. Report Cards & Ice Show Practice	Regular Skating Times	Troy Murray Arena
May 3 & 10	Ice Show Practice (or regular lessons)	Schedule will be posted	Mark Messier Arena
May 12 & 13*	<b>Ice Show- Spectators Welcome!</b>	<b>Schedule will be posted</b>	<b>Mark Messier Arena</b>

**\*Tentative. The May 12 & 13 Ice Show is an event where skater attendance is mandatory to participate. It is a great opportunity for the skaters to skate as a group and for family and friends to come see the skater's progress from the beginning of the year.**

**Practices will be during Thursday class times. Saturday & Sunday skaters who would like to participate in the ice show can add-on Thursday classes from April 5-May 10 for an additional \$108.**

**The SASC also holds Summer Skating Camp for Jumpstarters. See the website for details.**

**Days of No Skating:**

**October 7, 8, 9, & 10; December 23 - Jan 1; Jan 20,21 & 22; February 27-March 1 (See Amended Schedule) March 2 & 3, March 26-31; April 7 & 8, 13-15, 28 (18-22 may not have class. Please check website)**