



JUNIOR ACADEMY

Spring 2022

May 9—June 17, 2022



Beaumont Sport and Recreation Centre

Junior Academy is a stepping stone program designed as an introduction to competitive figure skating. This program teaches the basic fundamentals of Figure Skating focusing on:

On-Ice:

- ◆ On-Jump Mechanics
- ◆ Spinning Quality
- ◆ Development of stroking technique
- ◆ Introduction to basic field moves
- ◆ Understanding of Edges and Turns
- ◆ Theatre on Ice

Off-Ice:

- ◆ Strength and Conditioning
- ◆ Movement and Musicality
- ◆ Technical Shapes
- ◆ Dry-Land Jumping

Junior Academy promotes self-discipline, competitive drive, self-confidence, work ethic as well as promoting fun and enjoyment in a team atmosphere.

This program is for skaters under 10 years old and must have received an invite letter or by audition. Contact us to arrange for an audition.

SCHEDULE AND PRICE

ON- ICE	Tuesday / Thursday	5pm-5:45pm	PRICE:
OFF-ICE	Tuesday / Thursday	6:00-6:20pm	

2021-2022 Skate Canada Membership is required for all Skate Canada programs.

This is an annual fee valid between September 1, 2021 to August 31, 2022.

