

FAIRFAX ICE ARENA'S

ACCELERATED SKATE TRAINING PROGRAM

As skaters advance to higher levels, more training and practice on and off the ice are needed to help them achieve those maneuvers and skating skills. Fairfax Ice Arena offers our talented young skaters an affordable, comprehensive package to help them accelerate their training and help them transition from recreational to more advanced, competitive figure skating.

The program is available to skaters ages 4–9 who will be in the skating levels Gamma and Delta. Future Spring dates will be offered for Freestyles 1–3 (Basic 5–6, Pre-Free Skate and Free Skate 1–3).

ACADEMY CURRICULUM

Skaters will benefit from training with high-level coaches in a small class of 3–5 students, with two 30-minute on-ice group lessons and one 20-minute off-ice training each week for 4 weeks. In addition, the student will receive a practice card on their first day of group lesson good for 10 public skating admission and skate rentals.



COST \$240

4 WEEKS

There are no make-ups, refunds, or credits for any missed program activities. There is a \$75 cancellation fee.

GAMMA & DELTA SKATERS SCHEDULE

**Academy Gamma—Begins on 4/3,
Classes meet on Wednesday and Thursday**

Prerequisite: Beta, ages 4–9

On-Ice Wed 6:40PM–7:10PM (4/3–4/24)

On-Ice Thurs 6:40PM–7:10PM (4/4–4/25)

Off-Ice Thurs 7:15PM–7:35PM (4/4–4/25)

**Academy Delta—Begins on 4/8,
Classes meet on Monday and Tuesday**

Prerequisite: Gamma, ages 4–9

On-Ice Mon 5:35PM–6:05PM (4/8–4/29)

On-Ice Tues 6:40PM–7:10PM (4/9–4/30)

Off-Ice Tues 7:15PM–7:35PM (4/9–4/30)

For additional Academy information and enrollment, see Eric Tsai or Jonah Carver in-person at the lesson office or contact them by phone at (703) 323-1132.

