

~ Spring 2010 ~ Rising Stars Academy

Rising Stars is a jump-ahead program for students who wish to maximize instruction, ice time and skating FUN. What better way to improve skills 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 30-75 minute Ballet / Stretch class (*Please note that beginner level skaters may be limited to participation in the stretch segment only (from 6:15-6:45) until such time as the ballet instructor deems the student ready for the Ballet segment (5:30-6:15). There will be no credit/refund/ tuition adjustment for skaters limited to the stretch segment only.

Enrollees will take a Learn to Skate class on **BOTH** Tuesdays **AND** Saturdays. 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 students develop a “feel” for skating—this along with practicing outside of lesson time are keys to finding success in the sport. 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 book, located at the snack counter of the eatery, and must present their freestyle class card to snack counter attendant - in order to be permitted to skate the allocated sessions - with a “punch” taken from their card for each session skated.**

Finally, Rising Stars will take a Ballet and/or Stretch class from 5:30-6:45pm on Mondays. The ballet component will focus on posture, turn-out, toe point and basic ballet movement to enhance figure skating skills and the stretch component of the class will work to improve the strength and flexibility of the participants. The Ballet / Stretch class is taught by Anna Zheleznyakova, a principal ballerina who teaches the Russian classical method.

Weekly Schedule:

Weekly Freestyle Practice Session (consult freestyle calendar for specific times)

Monday 5:30-6:45pm Ballet / Stretch Class (**Bloch ballet shoes recommended, but not required, athletic attire should be worn and hair should be pulled up**)

Tuesday 5:45-6:15pm Practice Ice & 6:15-6:45 Learn to Skate Class

Saturday 10:45am Practice Ice & 11:15am 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 \$272 for the Spring 2010 term (16 on-ice classes & 9 Ballet and/or Stretch classes over 9 weeks). With at least three hours and 30 minutes of training per week at only \$34/week for these four offerings (two classes, freestyle session and an off-ice ballet class), your Rising Star will be extra cool this Spring AND boost their skating skills! **This value-priced package represents a minimum \$21/week savings if offerings were purchased separately.**

Rising Stars participants will ALSO receive two class cards with a total of 16 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 \$96 benefit!** The Rising Stars Academy offers skaters who are interested and committed to improving every opportunity to do so!



Non-Academy / Walk-on Pricing:

60-Minute Walk-on Freestyle Session \$9

Learn to Skate Class \$13 per class

Walk-on Monday Stretch (only) Class \$20

Rising Stars Pricing:

60-Minute Freestyle Session \$7

Learn to Skate Class \$7 per class

Monday Stretch (only) Class \$13

The price for the combined Ballet & Stretch class (separately packaged) is \$25 per class. The price for the Stretch class only (separately packaged) is \$15 per class. The walk-on fee for the combined Ballet & Stretch class is \$30. The walk-on fee for Stretch class only is \$20 per class. Therefore, the Rising Stars package price for the Stretch class only is even further reduced to \$13 per class; a \$2 per class savings over even the package price. Those who qualify to participate in both segments enjoy even greater savings. Skaters new to the Rising Stars program should come for the Stretch segment only (6:15-6:45pm) on their first class day (**Ballet / Stretch class begins March 1st**). At that first Ballet / Stretch class, the instructor will advise the student whether they qualify for the Ballet segment for class subsequent weeks.

Please be aware that enrollment in the Rising Stars Academy will include **TWO make-up opportunities**. The make-up class/es may be taken during any **AdvantEdge** class within the Spring term. AdvantEdge is a 45-minute weekly course which meets on Saturdays from 10-10:45am. The Rising Stars curriculum will include two make-up options—covering up to three standard (thirty-minute) Tuesday /Saturday LTS classes. Skaters may not take more than the allocated 16 classes included with tuition. Please be aware that the AdvantEdge class is geared toward skaters who have passed Basic 8 (minimum) and, it is a fast-paced and challenging course. Nevertheless, every effort will be made to provide appropriate instruction for Rising Stars participants needing to utilize make-up opportunities. **There are no make-up options for the Ballet / Stretch class.**

As an added bonus we will reduce tuition by \$70 for all enrollments through February 27th!

The Rising Stars Academy is open to skaters, at least 6 years old, who have **passed Basic 4 and up**. 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 make-up opportunities (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 and any approved refunds will incur a \$15 administrative fee and will also deduct for classes taken and benefits used. **The Rising Stars Academy will run from Monday, March 1st (Ballet / Stretch) and Tuesday, March 2nd (first week of on-ice classes) through Saturday, May 1st.** Classes will **NOT** be held on Monday, March 29th, Tuesday, March 30th or Saturday, April 3rd due to Spring Break. These classes are scheduled dates off and therefore not included in tuition.

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