



FIGURE SKATING CLUB

PVFSC Skills Squad

**For skaters from Skate School Classes 5 & 6,
Aussie Skate Freeskate 1 - 4 all IJS Levels**

Our classes are designed to help skaters improve their skating skills and are made up of 2 components; **off-ice** focusing on stretching and flexibility & **on-ice** focusing on skating drills (edges, turns, steps and power).

Day: **Thursday weekly** (on a quarterly timetable including School holidays)

- ❖ 1st Quarter - 4th Feb to 15th Apr (11 weeks)
- ❖ 2nd Quarter - 22nd Apr to 8th Jul (12 weeks)
- ❖ 3rd Quarter - 15th Jul to 30th Sep (12 weeks)
- ❖ 4th Quarter – 7th Oct to 16th Dec (11 weeks)

Time: **6-7pm** (Off-ice 6.05 to 6.25pm then On-ice 6.30 to 7pm)

Cost: \$15 per week - PVFSC Members

\$20 per week - NON PVFSC Members

\$10 per week - 'Stage Left' Members (On-ice segment only due to Stage Left training)

Payment options:

- ❖ ALL payments are to be made online via tidyHQ prior to attending class
- ❖ Tickets can be purchased **Weekly** or **Quarterly**.
- ❖ We **DO** accept Active Kids Vouchers for PVFSC Members when paying quarterly.
- ❖ Event link for tickets: <https://penrithvalleyfigureskatingclubinc.tidyhq.com/public/schedule/events>

Please Note:

- ❖ **All participating skaters are required to have their own skates.**
- ❖ Skaters are required to wear appropriate footwear (joggers) for the Off-ice training component.
- ❖ Our Coaches are fully accredited members of the Australian Professional Skaters Association (APSA) and on a rotating roster.
- ❖ All enquiries are welcome via email: penrithvalleyfigureskatingclub@gmail.com