



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)

- ❖ 1<sup>st</sup> Quarter - 4<sup>th</sup> Feb to 15<sup>th</sup> Apr (11 weeks)
- ❖ 2<sup>nd</sup> Quarter - 22<sup>nd</sup> Apr to 8<sup>th</sup> Jul (12 weeks)
- ❖ 3<sup>rd</sup> Quarter - 15<sup>th</sup> Jul to 30<sup>th</sup> Sep (12 weeks)
- ❖ 4<sup>th</sup> Quarter – 7<sup>th</sup> Oct to 16<sup>th</sup> 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](mailto:penrithvalleyfigureskatingclub@gmail.com)