



We are very excited to introduce a groundbreaking training program for your Skater, whether they are a Beginner or an International Star. We have a program to fit your needs. It all starts with a PASSION, a PLAN, and a PROGRAM



WHY JOIN THE ACADEMY?

Hybrid Format (group & private instruction) is more affordable and effective than 'private-lessons only' format.

- Cost-Savings allows more instruction time overall
- Cost-Savings also allows more private lessons in specific areas that need one-on-one instruction. You save money for the privates that truly need 1-on-1 instruction
- Group Format creates team-format learning opportunities
- Skaters learn from each other by observation & peer motivation
- Being part of a team enhances the skater's growth & provides a natural support system

ATHLETE DEVELOPMENT ROADMAP

See Diagram Insert

1. LEARN TO SKATE USA (LTS)

2. BRIDGE LEVEL (BL)

3. JUNIOR COMPETITION (JC)

4. COMPETITION TEAM (CT)

5. HIGH PERFORMANCE (HP)

6. ELITE TRACK (ET)

ACADEMY PACKAGES: BASIC, BRONZE, SILVER & GOLD

Academy Packages (BL, JCT, CT, HP & ET) Available in 4 Tiers:

BASIC: 1 MONTH COMMITMENT

- Basic Membership Benefits and Discounts

BRONZE: 2 MONTH COMMITMENT

- Added Membership Benefits and Discounts

SILVER: 4 MONTH COMMITMENT

- Increased Benefits and Discounts

GOLD: 6 MONTH COMMITMENT

- Maximum Benefits and Discounts

*See Price & Program Sheets by level. Schedules and availability vary by Rink

CURRICULUM DESCRIPTION

Working within the U.S. Figure Skating High Performance structure, we offer the following Off-Ice and On-Ice classes.

OFF-ICE

Consists of 3 Course Areas:

- **Strength & Conditioning for Skaters!***
May be combined with Skills or Dance class below depending on level and age
- **Skating Specific Skills Course!**
Jump & Spin Skill development from the ground up
- **Dance Academy!**
Ballet, Jazz-Funk, Contemporary, Ballroom (Standard/Latin)

ON-ICE

Consists of 3 Course Areas:

- **Jump Technique & Drills***
- **Spin Technique & Advanced Development***
- **Skating Skills (including MIF) & Artistry***

*Check local schedule for program availability and level



PROGRAM BENEFITS

EFFICIENT & ORGANIZED

- One-Stop Shop!! Various Training Aspects are Consolidated!
- Defined Curriculum (Skater Record Books, Annual Plans, etc.)
- US Figure Skating Coach-Compliant Instructors*

AFFORDABLE & EFFECTIVE

- Group Format is a fraction of the cost of private lessons!
- Academy Package Discounts are Tiered: Basic (1mo.), Bronze (2mo.), Silver (4mo.), or Gold (6mo.)
- 10 Pack Discounts on Freestyles and Academy Classes for Members Only!

EXCLUSIVE & TEAM IDENTITY

- Special Events for Academy Members Only!
 - Judge Critiques & Exhibitions
 - Parent Education & Athlete Symposiums
- Academy Jackets for Members Only!**
 - Be a part of The Rinks ACADEMY TEAM!

*Check each facility website for coach bios

**Jackets for purchase through Academy Membership only. Price and packages subject to change.

WWW.THERINKS.COM