



Clubs, Coaches and Skaters,

The APEX Skating Academy is happy to announce that they will be running spring and fall programming for the 2017 season.

APEX Spring

Mission and Goals

The APEX Skating Academy is pleased to offer a six week program where skaters are encouraged to develop their skills while working towards their personal skating goals. Our approach to training focuses not only on a skater's development on the ice, but also includes Off Ice training, Nutrition and Sports Psychology.

Our mission is to assist in meeting the demand for ice time and offer quality training opportunities for all skaters. We accept all skaters and coaches who are looking for a positive and supportive learning environment. Skaters should contact their private coaches before registering for sessions with APEX Skating Academy.

Our 2017 spring programs will run out of the Paradise Double Ice Complex and the CBS Robert French Memorial Arena.

Program Dates

Spring programs will commence on Monday April 24th and conclude on Sunday June 11th. Test days will be scheduled for June 6th and 7th.

Fall School will run from September 2nd to October 1st. Registration information for fall programs will be released in June.

How to Register

All registration will be completed online at <https://apex.uplifterinc.com> and accepted on a first come first served basis.

Registration for all programs will be open on Wednesday March 22, 2017

Senior – 10:00am

Intermediate – 1:00pm

Junior – 4:00pm

CanSkate – 7:00pm

All registrations close on Wednesday April 5, 2017. **All fees must be paid by this date.**

If you have any questions please inquire at apexskatingacademy@gmail.com

The following programs will be offered in the spring of 2017:

CanSkate

CanSkate is a dynamic learn-to-skate program that focuses on fun, participation and basic skill development. Based on Sport Canada's long term athlete development (LTAD) principles, CanSkate centers on physical literacy and the fundamental skills needed to take part in any ice sport or to skate as a recreational activity. This 6 weeks program offers options to skate 1 or 2 times per week under the instruction of NCCP trained professional coaches and program assistants. Lessons will be given in a group format with a maximum coach to student ratio of 1:10. Skaters progress at their own rate and coaches make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Report cards will be distributed at the end of the 6 weeks program which will indicate the skills achieved as well as the elements that still require some work.

Eligibility – STAGE 1-6 skaters

Junior

The APEX Junior session is geared towards skaters working on their STAR 1 to 4 tests. Our focus is implementing Skate Canada's new STAR 1-5 test program. This program is designed to encourage quality basics and coach assessments. Through a collaborative approach, skaters and coaches will strive to maximize skill development and acquisition.

Junior skaters have an option of registering for 1-5 days per week.

Intermediate

The APEX Intermediate session is geared towards skaters who have passed the Junior Bronze/STAR 4 FreeSkate test. Skaters will be offered sessions to progress in the areas of Skating Skills, Dance, and FreeSkate. Stroking sessions will also be offered focusing on edge/turn and musical development.

Intermediate skaters have an option of registering for 1-5 days per week.

*Please note the Wednesday Intermediate divisions

Jr/Int – Skaters not passed the complete Senior Bronze FreeSkate test.

Int/Sr – Skaters passed the complete Senior Bronze FreeSkate test.

Senior

The APEX Senior session is designed for skaters who have passed the Junior Silver FreeSkate test. Skaters will be offered increased FreeSkate time as they start preparing for the competitive season ahead. Stroking sessions will be offered with emphases on skating skills, edge/turn development, and transitions to improve upon program components.

Senior skaters have an option of registering for 1-6 days per week.

APEX EXTRAS

Off Ice Sessions

Off ice sessions will be offered to all registered Junior, Intermediate and Senior skaters. These sessions are scheduled for Sundays, however if you are not registered for Sunday sessions you may still avail of the off ice program at no extra cost.

Group Lectures

There will be group lectures available to all registered Junior, Intermediate and Senior skaters on Nutrition and Sports Psychology at no additional costs. Details and times will be announced closer to the start date.