

# ACADEMY FALL/WINTER 2023-2024

(September - HRM 4-Pad; October-March - LeBrun)

Registration is on [www.bedfordskatingclub.com](http://www.bedfordskatingclub.com)



**Please register after approval from your coach!**

**REGISTRATION OPENS ON WEDNESDAY, AUG.23 AT 10am**

BSC & HSC skaters have priority until Sept.1

Tentative Star 5+ Assessment Day: Friday, Dec.15 & Wed, Mar.27

**Payment:** All payments are online. All sessions can be paid in monthly installments. A \$58.65 Skate Canada fee will be applied to all BSC home club skaters. Non-BSC home club skaters will have this fee deleted and refunded during invoice review by our administrator

**Skate Up/Down Requests:** Skater up/down requests must come from coaches

**Dressing Rooms/Warm-up Area:** **ONLY** skaters and coaches are permitted to enter dressing rooms and/or view sessions from the dressing room hallways. This is a safe sport factor in addition to ensuring enough space for skaters to properly warm-up

**Buy-ins:** If there is space, a skater may 'buy-in' on a session. Skaters must confirm with their coach prior to purchasing the space

**Off-Ice:** Off-ice is a key component of a skater's development. It helps ensure skater safety and better use of on-ice time. Please speak to your coach if you need to miss an off-ice session

**Additional sessions:** BSC is proud to collaborate with Halifax Skating Club to offer additional sessions in a co-ordinated schedule to maximize ice time. Please check their brochure and speak to your coach about these sessions

**CanSkate Program Assistants:** CanSkate PAs are required for our Wednesday, Thursday and Saturday classes. PA Training will be on Thursday, Sept.28. Details to follow

**Skater & Parent behaviour:** All participants of BSC sessions must adhere to the Skate Canada Code of Ethics. Skaters and/or parents documented to be bullying (in-person and/or on social media), using inappropriate language, exhibiting inappropriate dressing room behaviours (i.e. taking pictures of other skaters, talking down to other skaters, leaving garbage on the benches and/or floor, displays of romantic relationships, etc.) and/or any other dangerous and/or disrespectful behaviour towards other skaters, parents and/or coaches will be addressed by coaches and/or BSC Board of Directors. Pending the severity of the behaviour(s), skaters and/or parents may be removed from the club

**Club competition:** BSC will be hosting a club competition on Thursday, Jan.18. Details to follow

# ACADEMY SYNCHRO

## Prism 1

<ul style="list-style-type: none"> <li>- No synchro experience required!</li> <li>- Skaters must be at least 12-years-old as of Oct.1 or have approval</li> <li>- Fundraising Chair will be needed</li> <li>- Team Manager roll filled for 2023-2024 season</li> <li>- Fee includes a \$30 dress rental</li> <li>- Additional fees will include: competition registration and practice outfit</li> </ul>		
<p><b>Monday &amp; Friday</b>  <b>4:00-5:00pm Monday</b>  <b>8:15-8:50pm Friday</b>  <b>24 weeks</b>  <i>All Sept. sessions: HRM 4-Pad</i>  <i>Oct-March Monday: LeBrun Arena</i>  <i>Oct-March Friday: HRM 4-Pad</i></p> <p><b>*September also includes mandatory Saturday Training Camp from 8:45am-2:35pm</b></p> <p><b>Skaters are strongly encouraged to register for the HSC Friday Silver session running prior to the Friday synchro time. The Friday Silver session pricing will be adjusted after registration for Prism 1 members</b></p>	<p>September 8**, 9*, 11, 15, 16*, 18, 22, 23*, 25, 29, 30*            October 2, 6, 16, 20, 23, 27, 30            November 6, 10, 13, 17, 20, 24, 27            December 1, 4, 8, 11, 15, 18            January 5, 8, 15, 19, 22, 26, 29            February 2, 5, 9, 12, 23, 26, 29            March 1, 4, 8, 18, 22, 25</p> <p><i>*Sept.9, 16, 23 &amp; 30 are Training Camp from 8:45am-2:35pm and includes on-ice, off-ice and a lunch break (lunch not provided)</i></p> <p><i>**Sept.8 is 8:30-9:05pm</i></p> <p><i>No session Oct.9, Oct.13, Nov.3, Dec.15 tentatively, Jan.12, Feb.16, Feb.19, Mar.11</i></p>	<p><b>\$830</b></p>

## Prism 2

<ul style="list-style-type: none"> <li>- No synchro experience required!</li> <li>- No age requirement</li> <li>- Fundraising Chair will be needed</li> <li>- Team Manager (1 per team) will be needed</li> <li>- Fee includes a \$30 dress rental</li> <li>- Additional fees will include: competition registration</li> </ul>		
<p><b>Monday</b>  <b>4-5pm</b>  <b>24 weeks</b>  <i>September: HRM 4-Pad</i>  <i>October-March: LeBrun Arena</i></p>	<p>*September 11, 18, 25            October 2, 16, 23, 30            November 6, 13, 20, 27            December 4, 11, 18            January 8, 15, 22, 29            February 5, 12, 26            March 4, 18, 25  <i>No session Oct.9, Feb.19, Mar.11</i></p>	<p><b>\$445</b></p>

**Session/schedule changes:** BSC reserves the right to adjust sessions levels, registration, and scheduling as required to ensure a safe and effective environment for skaters and coaches and/or to meet operational requirements, including potential provincial covid restrictions.

# ACADEMY BRONZE

<ul style="list-style-type: none"> <li>- Working on Star 1-3 assessments</li> <li>- and/or no Axel</li> </ul>		
<p><b>Wednesday (w/Silver)</b>  <b>4:00-5:20pm</b>  <b>27 weeks</b>  <i>September: HRM 4-Pad</i>  <i>October-March: LeBrun Arena</i></p>	<p>*September 6, 13, 20, 27            October 4, 11, 18, 25            November 1, 8, 15, 22, 29            December 6, 13, 20            January 3, 10, 17, 24, 31            February 7, 14, 21, 28            March 6, 20</p> <p><i>*September dates are 4-5:30pm</i>  <i>No session Mar.13</i></p>	<p><b>\$485</b></p>
<p><b>Thursday - Program Components Group</b>  <b>4:00-5:20pm</b>  <i>4-4:45pm on-ice</i>  <i>4:55-5:20pm off-ice</i>  <b>25 weeks</b>  <i>September: HRM 4-Pad</i>  <i>October-March: LeBrun Arena</i></p>	<p>September 7, 14, 21, 28*            October 5, 12, 18            November 2, 9, 16, 23, 30            December 7, 14            January 4, 11, 18**, 25            February 1, 8, 15, 22, 29            March 7, 14***, 21</p> <p><i>*Sept.28 is PA Training. Schedule is:            4-4:45pm on-ice PC group            5-6pm off-ice PC group            6:15-6:45pm PA off-ice training            7-7:50pm PA on-ice training</i></p> <p><i>**Jan.18 is Club Competition - details to follow</i>  <i>***Mar.14 is 4-4:45pm on-ice; 4:55-5:20pm on-ice; 5:30-6:15pm on-ice</i></p> <p><i>No session Oct.26</i></p>	<p><b>\$355</b></p>
<p><b>Saturday</b>  <b>11:00am-1:30pm</b>  <i>11-12:20am on-ice</i>  <i>12:45-1:30pm off-ice</i>  <b>23 weeks</b>  <i>September: HRM 4-Pad</i>  <i>October-March: LeBrun Arena</i></p>	<p>*September 9, 16, 23, 30            October 7, 14, 21            November 4, 11, 18, 25            December 9, 16            January 6, 13, 20, 27            February 3, 10, 17, 24            March 9, 23</p> <p><i>*September dates are 10-11:20am on-ice;            11:30-12:30pm off-ice</i></p> <p><i>No session Oct.28, Dec.2, Mar.2, Mar.16</i></p>	<p><b>\$480</b></p>

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# ACADEMY SILVER/HIGH SILVER

- Passed a minimum of 2 Star 3+ assessments
- Working on Star 4-6/Pre-Juvenile
- and/or working on Axel and low double jumps
- and/or approval

**Axel+:** Silver requirements and consistently landing Axel, and/or working on Star 6+ dance and/or skills, or approval

**High Silver:** Silver requirements and landing at least 1 double and/or working on Star 7+ dance and/or skills, or approval

<p><b>Monday</b>  <b>5:00pm - 6:30pm</b>  <b>24 weeks</b>  <i>September: HRM 4-Pad</i>  <i>October-March: LeBrun Arena</i></p>	<p>*September 11, 18, 25            October 2, 16, 23, 30            November 6, 13, 20, 27            December 4, 11, 18            January 8, 15, 22, 29            February 5, 12, 26            March 4, 18, 25</p> <p><i>No session Oct.9, Feb.19, Mar.11</i></p>	<p><b>\$510</b></p>
<p><b>Wednesday (w/Bronze)</b>  <b>4:00-5:20pm</b>  <b>27 weeks</b>  <i>September: HRM 4-Pad</i>  <i>October-March: LeBrun Arena</i></p>	<p>*September 6, 13, 20, 27            October 4, 11, 18, 25            November 1, 8, 15, 22, 29            December 6, 13, 20            January 3, 10, 17, 24, 31            February 7, 14, 21, 28            March 6, 20</p> <p><i>*September dates are 4-5:30pm</i>  <i>No session Mar.13</i></p>	<p><b>\$485</b></p>
<p><b>Wednesday - High Silver</b>  <b>7:10-8:40pm</b>  <b>27 weeks</b>  <i>September: HRM 4-Pad</i>  <i>October-March: LeBrun Arena</i></p>	<p>*September 6, 13, 20, 27            October 4, 11, 18, 25            November 1, 8, 15, 22, 29            December 6, 13, 20            January 3, 10, 17, 24, 31            February 7, 14, 21, 28            March 6, 20</p> <p><i>*September dates are 6:50-8:40pm</i>  <i>No session Mar.13</i></p>	<p><b>\$610</b></p>
<p><b>Thursday Program Components Group</b>  <b>4:00-5:20pm</b>  <i>4-4:45pm on-ice</i>  <i>4:55-5:20pm off-ice</i>  <b>25 weeks</b></p>	<p>September 7, 14, 21, 28*            October 5, 12, 18            November 2, 9, 16, 23, 30            December 7, 14            January 4, 11, 18**, 25</p>	<p><b>\$355</b></p>

<p>September: HRM 4-Pad October-March: LeBrun Arena</p>	<p>February 1, 8, 15, 22, 29 March 7, 14***, 21</p> <p><i>*Sept.28 is PA Training. Schedule is: 4-4:45pm on-ice PC group 5-6pm off-ice PC group 6:15-6:45pm PA off-ice training 7-7:50pm PA on-ice training</i></p> <p><i>**Jan.18 is Club Competition - details to follow</i></p> <p><i>***Mar.14 is 4-4:45pm on-ice; 4:55-5:20pm on-ice; 5:30-6:15pm on-ice</i></p> <p><i>No session Oct.26</i></p>	
<p><b>Thursday Program Components Group &amp; Freeskate - Axel + 4:45-7:50pm</b> <i>4:45-5:30pm on-ice PC group 5:45-6:05pm off-ice 6:25-7:50pm on-ice Freeskate</i> <b>25 weeks</b> September: HRM 4-Pad October-March: LeBrun Arena</p>	<p>September 7, 14, 21, 28* October 5, 12, 18 November 2, 9, 16, 23, 30 December 7, 14 January 4, 11, 18**, 25 February 1, 8, 15, 22, 29 March 7, 14, 21</p> <p><i>*Sept.28 is PA Training. Schedule is: 4-4:30pm PA off-ice training 4:45-5:30pm on-ice PC group 5:40-7pm on-ice Freeskate 7-7:50pm PA on-ice training</i></p> <p><i>**Jan.18 is Club Competition - details to follow</i></p> <p><i>No session Oct.26</i></p>	<p><b>\$870</b></p>

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# ACADEMY GOLD

<ul style="list-style-type: none"> <li>- Passed a minimum of two Star 6+ assessments</li> <li>- Star 6+/Juvenile+</li> <li>- Working on all doubles and triples</li> <li>- and/or approval</li> </ul>		
<p><b>Monday - STARSkate</b>  <b>6:40-7:50pm (BSC)</b>            AND STRONGLY ENCOURAGED  <b>5-5:50pm (HSC)</b>  <b>24 weeks</b>  <i>September: HRM 4-Pad</i>  <i>October-March: LeBrun Arena</i></p> <p><i>The HSC session will be for program runthroughs with supervision. All skaters planning to compete should register for both sessions</i></p>	<p>*September 11, 18, 25            October 2, 16, 23, 30            November 6, 13, 20, 27            December 4, 11, 18            January 8, 15, 22, 29            February 5, 12, 26            March 4, 18, 25</p> <p><i>No session Oct.9, Feb.19, Mar.11</i></p>	<p><b>\$505*</b>  <i>*BSC fee only.            HSC session registration completed on HSC site</i></p>
<p><b>Wednesday - High Silver</b>  <b>7:10-8:40pm</b>  <b>27 weeks</b>  <i>September: HRM 4-Pad</i>  <i>October-March: LeBrun Arena</i></p>	<p>*September 6, 13, 20, 27            October 4, 11, 18, 25            November 1, 8, 15, 22, 29            December 6, 13, 20            January 3, 10, 17, 24, 31            February 7, 14, 21, 28            March 6, 20</p> <p><i>*September dates are 6:50-8:40pm</i></p> <p><i>No session Mar.13</i></p>	<p><b>\$610</b></p>
<p><b>Thursday Program Components Group &amp; Freeskate</b>  <b>4:45-7:50pm</b>  <i>4:45-5:30pm on-ice PC group</i>  <i>5:45-6:05pm off-ice</i>  <i>6:25-7:50pm on-ice Freeskate</i>  <b>25 weeks</b>  <i>September: HRM 4-Pad</i>  <i>October-March: LeBrun Arena</i></p>	<p>September 7, 14, 21, 28*            October 5, 12, 18            November 2, 9, 16, 23, 30            December 7, 14            January 4, 11, 18**, 25            February 1, 8, 15, 22, 29            March 7, 14, 21</p> <p><i>*Sept.28 is PA Training. Schedule is:            4-4:30pm PA off-ice training            4:45-5:30pm on-ice PC group            5:40-7pm on-ice Freeskate            7-7:50pm PA on-ice training</i></p> <p><i>**Jan.18 is Club Competition - details to follow</i></p> <p><i>No session Oct.26</i></p>	<p><b>\$870</b></p>

<p><b>Saturday</b>  <b>11:15am-2:00pm</b>  <i>11:15am-12:10pm off-ice</i>  <i>12:30-2:00pm on-ice</i>  <b>23 weeks</b>  <i>September: HRM 4-Pad</i>  <i>October-March: LeBrun Arena</i></p>	<p>*September 9, 16, 23, 30  October 7, 14, 21  November 4, 11, 18, 25  December 9, 16  January 6, 13, 20, 27  February 3, 10, 17, 24  March 9, 23</p> <p><i>*September dates are 10:15-11:15am off-ice; 11:30-1pm on-ice</i></p> <p><i>No session Oct.28, Dec.2, Mar.2, Mar.16</i></p>	<p><b>\$645</b></p>
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# ACADEMY ADULT NOVA ICE & SINGLES

<b>NOVA ICE:</b> <ul style="list-style-type: none"> <li>- Skaters must have been part of the summer 2023 try-out process and have made the team</li> <li>- Wednesday includes off-ice</li> <li>- Session must be run by a Skate Canada certified and registered coach and a Bedford Skating Club Club Coach and/or a Bedford Skating Club approved coach</li> </ul>		
<b>SINGLES:</b> <ul style="list-style-type: none"> <li>- Must have previous skating experience and be proficient with forward skating, backwards skating, stops and at least basic turns</li> <li>- Pricing is for ice only. Coaching is allowed but will not be organized by the club. Coaches must submit a request to Becky at <a href="mailto:bedfordskatingclub@hotmail.com">bedfordskatingclub@hotmail.com</a> prior to attending the session</li> </ul>		
<b>Wednesday - Nova Ice</b> <b>8:10-9:50pm</b> <i>8:10-8:40pm off-ice</i> <i>8:50-9:50pm off-ice</i> <b>27 weeks</b>  <i>September: HRM 4-Pad</i> <i>October-March: LeBrun Arena</i>	*September 6, 13, 20, 27 October 4, 11, 18, 25 November 1, 8, 15, 22, 29 December 6, 13, 20 January 3, 10, 17, 24, 31 February 7, 14, 21, 28 March 6, 20  <i>No session Mar.13</i>	<b>\$605</b>
<b>Wednesday - Singles</b> <b>8:50-9:50pm</b> <b>27 weeks</b>  <i>September: HRM 4-Pad</i> <i>October-March: LeBrun Arena</i>	*September 6, 13, 20, 27 October 4, 11, 18, 25 November 1, 8, 15, 22, 29 December 6, 13, 20 January 3, 10, 17, 24, 31 February 7, 14, 21, 28 March 6, 20  <i>No session Mar.13</i>	<b>\$490</b>

**Session/schedule changes:** BSC reserves the right to adjust sessions levels, registration, and scheduling as required to ensure a safe and effective environment for skaters and coaches and/or to meet operational requirements, including potential provincial covid restrictions.