



SPRING 2024 ACADEMY

HRM 4-PAD (Formerly BMO)

Registration is on www.bedfordskatingclub.com

Please register after approval from your coach!
REGISTRATION OPENS ON MONDAY, MAR.18 @ 10am

Fundraising: BSC has 2 ongoing fundraisers - Oliver's Labels and Sport Split 50/50. For Oliver's Labels please visit oliverslabels.com/bsc for the club to receive 20% of your purchase total. For Sport Split please purchase your tickets at rafflebox.ca/raffle/sportns/19. Thank you for your continued support of our club.

Payment: All payment must be made online. All sessions can be paid in monthly installments. A \$58.65 Skate Canada fee will be applied to all BSC home club skaters not already registered with Skate Canada.

Skate Up/Down Requests: Skate up/down requests must be approved by your coach and/or the club.

Dressing Rooms/Warm-up Area: **ONLY** skaters and coaches are permitted to enter the dressing room hallway. This is a safe sport factor in addition to ensuring enough space for skaters to properly warm-up without being interrupted and skaters having a place to socialize so it doesn't happen on the ice.

Buy-ins: Buy-ins are subject to open spaces. Payment must be made by 12:00pm the day prior on the BSC site. **Skaters must confirm with their coach prior to purchasing the space.**

Off-Ice: Off-ice is a key component of a skater's development and is **NOT OPTIONAL**. 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.

Assessment Day: Assessment Day for Star 5+ will be in mid-June. Exact days will be confirmed closer to the dates as per Skate Canada Nova Scotia requirements.

CanSkate Program Assistants: CanSkate PAs are required for our Thursday and Saturday sessions. Details will be sent once registration is complete.

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

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.

Programming cancellation & changes: BSC reserves the right to adjust programming (scheduling and/or cancellation) to meet operational requirements based on coaching, enrollment, weather, NS Health requirements, etc. There are no make-up days for cancelled sessions.

SPRING CLINICS

JEN JACKSON Technical and exercises - small groups	See HSC brochure for details & requirements. Tentative until registration opens.
ANNE SHELTER Edges, turns and basics	See HSC brochure for details & requirements. Tentative until registration opens.

ACADEMY SYNCHRO PRISM 1 & 2

<ul style="list-style-type: none"> - No synchro experience required - No 2024-2025 season commitment required - Additional fees will include: STAR Synchro assessment fee 		
Monday 4-5pm 9 weeks	April 8, 15, 22, 29 May 6, 13, 27 June 3, 10 <i>No ice May 20</i>	\$160

ACADEMY BRONZE

<ul style="list-style-type: none"> - Working on Star 1-3 assessments - and/or no Axel 		
Monday 5-6:05pm 9 weeks **Only skaters doing synchro may register	April 8, 15, 22, 29 May 6, 13, 27 June 3, 10 <i>No ice May 20</i>	\$195
Thursday - Program Components Group 4-5:20pm <i>4-4:45pm on-ice;</i> <i>4:55-5:20pm off-ice</i> 8 weeks	April 18 May 2, 9, 16, 23, 30 June 6, 13 <i>No ice Apr.25 (Stars on Ice)</i>	\$135

ACADEMY SILVER/AXEL+ SILVER

<ul style="list-style-type: none"> - Passed a minimum of 2 Star 3+ assessments - Working on Star 4-6/Pre-Juvenile - and/or working on Axel and low double jumps - Or approval <p>Axel+ Silver: Must have landed at single Axel or be working on Star 6+ assessments</p>		
<p>Thursday - Program Components Group 4-5:20pm <i>4-4:45pm on-ice;</i> <i>4:55-5:20pm off-ice</i> 8 weeks</p>	<p>April 18 May 2, 9, 16, 23, 30 June 6, 13</p> <p><i>No ice Apr.25 (Stars on Ice)</i></p>	<p>\$135</p>
<p>Thursday Axel+ - Program Components Group & regular session 4:45-7:50pm <i>4:45-5:30pm PC group on-ice,</i> <i>6:25-7:50pm regular session on-ice;</i> <i>5:45-6:10pm off-ice</i> 10 weeks</p>	<p>April 11*, 18, 25* May 2, 9, 16, 23, 30 June 6, 13</p> <p><i>Apr.11 & 25 are 6:30-8AM. No PM ice these dates</i></p>	<p>\$390</p>

ACADEMY GOLD

<ul style="list-style-type: none"> - Passed a minimum of two Star 6+ assessments - Star 6+/Juvenile+ - Working on all doubles and triples - Or approval 		
<p>Monday - extra free 5-6:05pm 9 weeks</p>	<p>April 8, 15, 22, 29 May 6, 13, 27 June 3, 10 <i>No ice May 20</i></p>	<p>\$195</p>
<p>Thursday Axel+ - Program Components Group & regular session 4:45-7:50pm <i>4:45-5:30pm PC group on-ice,</i> <i>6:25-7:50pm regular session on-ice;</i> <i>5:45-6:10pm off-ice</i> 10 weeks</p>	<p>April 11*, 18, 25* May 2, 9, 16, 23, 30 June 6, 13</p> <p><i>Apr.11 & 25 are 6:30-8AM.</i></p>	<p>\$390</p>

ADULTS

Synchro - Nova Ice

<ul style="list-style-type: none">- Must be a current member of Nova Ice traveling to Germany in May 2024 for Adult Worlds OR have approval from Nova Ice coach- 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- Session focus is preparation for Adult Worlds 2024		
Thursday 8:20-10:20pm OR 8:30-10:35 <i>8:20-8:50pm off-ice;</i> <i>9-10:20pm on-ice</i> OR <i>8:30-9pm off-ice;</i> <i>9:15-10:35pm on-ice</i> <i>4 weeks</i> <i>HRM 4-Pad</i>	Apr.18 & 25 - 8:20-10:20pm May 2 & 9 - 8:30-10:35pm	\$140

Advanced Adults - Singles

<ul style="list-style-type: none">- Must have previous figure skating experience- Coaching is arranged with and paid to your private (a list of available coaches will be sent if there are any)		
Thursday 8:20-10:20pm OR 8:30-10:35 <i>8:20-8:50pm off-ice;</i> <i>9-10:20pm on-ice</i> OR <i>8:30-9pm off-ice;</i> <i>9:15-10:35pm on-ice</i> <i>4 weeks</i> <i>HRM 4-Pad</i>	Apr.18 & 25 - 8:20-10:20pm May 2 & 9 - 8:30-10:35pm	\$80