



Please send any questions regarding our summer programs to: info@niagarafallsskatingacademy.org

Niagara Falls Summer Skating Levels

D1	Working on STAR 1-3 Freeskate Tests - (formerly Preliminary)
D2	Passed STAR 3-6 Freeskate Tests - (formerly Preliminary—Sr. Bronze)
D3	Passed STAR 8-Gold Freeskate Tests - (formerly Jr. Silver—Gold)
E1/E2	Working on STAR 1-5 Freeskate Tests - (formerly Preliminary—Jr. Bronze)
E3	Passed on STAR 5-Gold Freeskate Tests - (formerly Jr. Bronze—Gold)



SUMMER RULES/REGULATIONS



◆ NO lessons during stroking sessions

- ◆ Skaters may skate off session for a 15min lesson but due to safety concerns can only move up or down 1 level. A request will need to be made **by the skaters coach** via sending an email to: info@niagarafallsskatingacademy.org
ie. A D3 Skater may skate down on D2, but not D1 and vice versa.
- ◆ All requests to skate up a level will need to be made **by the skaters coach** via sending an email to: info@niagarafallsskatingacademy.org

***Please note: The email must include their current freeskate test level, age, and reason for the request.**



SKATING ETIQUETTE



- ◆ Skaters in a lesson and/or with their music playing have the right of way
 - ◆ No Spinning in the corners of the ice
- ◆ Always be aware of your surroundings and please refrain from standing around/socializing on the ice



OFF ICE



Off ice instructors include:

- ◆ Darius Szpilewski for D2/D3 on Mondays & Fridays
- ◆ Cathy Drapeau for D2/D3 on Tuesdays & Thursdays
 - ◆ Lisa Bell for D1/D2/D3 on Wednesdays
- ◆ Amanda Maggetti for D1 on Mondays, Tuesdays & Thursdays
- ◆ Skipping & Stretching classes will be taught by Niagara Coaches



PERFORMANCE DAYS



- ◆ Friday July 20th—Competition Simulations, skaters will be split into warm up groups and one by one have the chance to perform a program of their choice
- ◆ Friday August 17th—Team Element Event, skaters will be divided into groups to participate in on and off ice challenges.
- ◆ Skate Ontario is strongly encouraging the implementation of Performance Days as forms of both team bonding, and preparation for competition season. **Skaters must register for these days in order to participate.**



GUEST SKATING



- ◆ Skaters must buy a 1 day package online and in advance



TEST DAY



Tuesday Aug 14th —5:15-9:30pm