



Niles Iceland Fall Aspire Cohorts

October 5 to December 20, 2020

The U.S figure Skating ASPIRE program is a bridge between learn to skate group classes and U.S. Figure Skating membership. Through the development of athleticism and artistry, skaters build a solid skill foundation that drives success on and off the ice.

At IceLand we will be using the ASPIRE program to create cohorts that will develop together to greater character development, skill development, and skating knowledge as a team. Having skaters who all ASPIRE to greater skating development will help be motivational by working in a team atmosphere, training more than they have in the past or to train harder, develop a more advanced understanding of skating and its different disciplines and their connections to one another.

- There will be two cohorts, one for the Freestyle level skaters and one for the Learn to Skate level skaters that will work separately and together.
 - Cohorts will begin on October 6, 2020 and run through December 20 2020.
 - There will be a maximum of 10 skaters per cohort.
 - Cohorts will include and orientation, weekly classes, skater/parent sessions, handouts, homework, and a gift pack that will include a T-shirt.
 - Participation in all aspects of the cohort is mandatory. No exceptions.

Who should participate?

Skaters who ASPIRE to develop great skating skills, get stronger athletically, learn more, gain more skating knowledge, have a team to train with, support and be supported by fellow skaters and coaches while training, begin competing or compete at higher levels, and be surrounded by others who want to do the same.

Learn to Skate Cohort—Alpha-Freestyle 2

Freestyle Cohort—Freestyle 3 and above



**Aspire to exceptional Character Development!
Aspire to work harder each day!
Aspire to set, plan, and reach goals!
Aspire to do small things each day to be a better skater
and person!
Aspire to encourage and motivate fellow skaters!
Aspire to improve!**

We believe WE CAN ALL ASPIRE regardless of age, level, or title.
Once cohort begins there will be no refunds and all payments must be completed.

What do you get when you register for the ASPIRE Cohorts?



Participation in all aspects of the cohorts are mandatory. *No Exceptions.



Freestyle Cohort: FS 3 and Above

- Zoom orientation for skaters and parents.
- Tuesday Sessions
 - 4:40pm-5:10pm Warm-Up—Off Ice
 - 5:15pm-6:10pm On Ice Class
 - 6:15pm-6:55pm Off Ice Class
- Sunday Zoom Ballet Class
- Choice of 1—30 minute class per week offered within the skate school.
- Choice of 1 other 30 to 45 minute class that is offered within the skate school.
- 2 Parent/Skater Zoom Sessions
- Handouts
- Gift pack including T-shirt.
- Only skaters in the ASPIRE Cohorts will receive \$10 off any additional classes offered within the skate school that they register for.

Recommended in addition to above:

**Additional costs will apply.*

- Freestyle practice weekly.
- Private lessons weekly.
- Additional classes such as Ballet, Floor Barre, Off Ice Class (conditioning/jump), Jump Workshop, and Spin Workshop.
- Watching skating as much as possible.

Learn to Skate Cohort: FS 2 and Below

- Zoom orientation for skaters and parents.
- Tuesday Sessions
 - 4:40pm-5:10pm Warm-Up—Off Ice
 - 5:15pm-6:10pm On Ice Class
 - 6:15pm-6:55pm Off Ice Class
- Sunday Zoom Ballet Class
- Choice of 1—30 minute class per week offered within the skate school.
- Choice of 1 other 30 to 45 minute class that is offered within the skate school.
- 2 Parent/Skater Zoom Sessions
- Handouts
- Gift pack including T-shirt.
- Only skaters in the ASPIRE Cohorts will receive \$10 off any additional classes offered within the skate school that they register for.

Recommended in addition to above:

**Additional costs will apply.*

- Practice each week.
- Private lessons weekly.
- Additional classes such as Ballet, Level Class, Learn to Skate Off Ice Class.
- Watching skating as much as possible.

Fees and Payment Information

Payment Plan available.

11 Weeks of Training—October 6, 2020 to December 20, 2020

Resident: \$638.00

Team IceLand Gold Member: \$648.00

Non Resident: \$780.00

**If paid in full at time of registration receive a \$20.00 discount on the full fee.*

Payment Plan:

**Anyone using the payment plan must provide a credit card number with an expiration date after 11/5/20.*

Payment 1: Due at time of registration. (Deadline to register 10/1/20).—1/3 Due Code:433210-01

Payment 2: October 29, 2020—1/3 Due Code: 433210-18

Payment 3: November 24, 2020 1/3 Due Code: 433210-19