



# 2023 Spring Gateway Academy

April 2 - May 4

Gateway Academy is an accelerated program into Figure Skating and is by invitation only. Skaters must be under the age of 9.

### ON-Ice Fundamentals

- Jumping
- Spinning
- Theatre on Ice
- Field Moves
- Edges & Turns

### OFF-Ice Fundamentals

- Body Awareness
- Dryland Jumping
- Fitness
- Dance
- Creative Movement

### This program promotes:

- Self-discipline
- Confidence
- Competitive Drive
- Team Spirit
- Fun & Enjoyment

## PACKAGES & PRICING (April - May)

Academy Tues/Thurs OR Sun/Tues Package	\$160.00
Academy Sun/Thurs	\$120.00
Academy Sun/Tues/Thurs (3-Days)**	\$210.00

Gateway SC Yearly Membership of \$25 will be added to all **NEW** Gateway Academy registrations.

Valid from September 1, 2022 - August 31, 2023.

## SCHEDULE & LOCATION

Tuesday Mill Woods A / Meadows West		Thursday Meadows East		Sunday Mill Woods A / Meadows East	
5:45 - 7:30 pm		4:45-6:30 pm		12:30 - 2:15 pm	
5:45-6:15	OFF ice	4:45-5:30	OFF ice	12:30-1:15	OFF ice
6:30-7:30	ON ice	5:45-6:30	ON ice	1:30-2:15	ON ice

\* Skaters must select a **minimum of two days**.

\*\* 3 classes per week is recommended for accelerated progress. 5% discount will be given for the additional day.

## EQUIPMENT

- Figure skates, guards for skates, gloves, skating attire (fitted clothing), running shoes, yoga mat.

## NOTES

- Schedules are subject to change at any time. Please check the Events Calendar on the website regularly for changes.
- Register online through your Uplifter account at [www.gatewayskatingclub.org](http://www.gatewayskatingclub.org).
- DEADLINE to register is **March 30**.

## MANDATORY VOLUNTEERING

No mandatory volunteering.



For further inquiries, contact Nathan Chung at [nathanchung1600@hotmail.com](mailto:nathanchung1600@hotmail.com).

# APR2023



SUN                      MON                      TUE                      WED                      THU                      FRI                      SAT

						<b>01</b>
<b>02</b> <u>FIRST SUNDAY</u> 12:30-1:15 OFF ice 1:30-2:15 ON ice <b>Mill Woods A</b>	<b>03</b>	<b>04</b> <u>FIRST TUESDAY</u> 5:45-6:15 OFF ice 6:30-7:30 ON ice <b>Mill Woods A</b>	<b>05</b>	<b>06</b> No Class	<b>07</b> Good Friday	<b>08</b>
<b>09</b> No Class	<b>10</b> Easter Monday	<b>11</b> 5:45-6:15 OFF ice 6:30-7:30 ON ice <b>Meadows West</b>	<b>12</b>	<b>13</b> 4:45-5:30 OFF ice 5:45-6:30 ON ice <b>Meadows East</b>	<b>14</b>	<b>15</b>
<b>16</b> 12:30-1:15 OFF ice 1:30-2:15 ON ice <b>Meadows East</b>	<b>17</b>	<b>18</b> 5:45-6:15 OFF ice 6:30-7:30 ON ice <b>Meadows West</b>	<b>19</b>	<b>20</b> No Class	<b>21</b>	<b>22</b>
<b>23</b> No Class	<b>24</b>	<b>25</b> 5:45-6:15 OFF ice 6:30-7:30 ON ice <b>Meadows West</b>	<b>26</b>	<b>27</b> 4:45-5:30 OFF ice 5:45-6:30 ON ice <b>Meadows East</b>	<b>28</b>	<b>29</b>

# MAY 2023

SUN                      MON                      TUE                      WED                      THU                      FRI                      SAT

<b>30</b> <u>LAST SUNDAY</u> 12:30-1:15 OFF ice 1:30-2:15 ON ice <b>Meadows East</b>	<b>01</b> LAST DAY OF MON PRIVATE LESSONS	<b>02</b> <u>LAST TUESDAY</u> 5:45-6:15 OFF ice 6:30-7:30 ON ice <b>Meadows West</b>	<b>03</b> LAST DAY OF WED PRIVATE LESSONS	<b>04</b> <u>LAST THURSDAY</u> 4:45-5:30 OFF ice 5:45-6:30 ON ice <b>Meadows East</b>	<b>05</b>	<b>06</b>  <b>ICE SHOW</b>
<b>07</b>	<b>08</b>	<b>09</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>  Awards Banquet
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>21</b>	<b>22</b>	<b>23</b>  <i>SKATING RESUMES FOR ALL SKATERS – SPRING CAMP</i>	<b>24</b>	<b>25</b>  <i>(GATEWAY ACADEMY – S/M/Th)</i>	<b>26</b>	<b>27</b>
<b>28</b>  <i>(GATEWAY ACADEMY – S/M/Th)</i>	<b>29</b>	<b>30</b>	<b>31</b>			