



SCW's ASPIRE PROGRAM

SCW's Aspire program is an extension of our group lesson program, bridging the gap from "Basic Skills" recreational ice skating to beginning figure skating. Utilizing Learn to Skate USA's Free Skate Curriculum, classes focus on essential skating skills, jumps, and spins that are necessary elements of Singles free skating and other forms of advanced figure skating. For those making the transition into figure skating, this continuation of group learning builds peer connections and develops skills with both instruction and practice in a convenient, economical 30 week package. Multiple plans exist to give new figure skaters options that appeal to a variety of commitment levels, budgets, and schedules.

Skaters will be grouped according to ability from Basic 5 through Free Skate 6, as well as Axel Club/early Excel competition levels. These classes provide more ice utilization and space for aspiring figure skaters to explore their potential. Beyond our Basic Plan, Aspire includes off-ice training, covering proper warm-up, strength, conditioning, flexibility, balance, agility, and off-ice jump skills. Off-ice classes take place upstairs in Mitchell Lounge. An Adult-specific stretching/ ballet class is planned in our ballet room. With built-in practice time conducive to figure skating (as opposed to recreational Public sessions), skaters can develop self-motivation as they work towards their goals.

Plan A: "BASIC FREE SKATE"

Our Basic plan is a direct continuation of Basic Skills, allowing skaters the chance to further their skills through an instructional curriculum with a free skating emphasis. **No off-ice** is included.

30 week Program:

30 minute Free Skate Class + 20 minute Practice

SUNDAYS: 1:45-2:15 pm CLASS and 2:15-2:35 pm PRACTICE
OR
WEDNESDAYS: 5:40-6:00 pm PRACTICE and 6:00-6:30 pm CLASS

Plan A Requirements: Passed Basic 6 or Adult 6

\$750/30 weeks - Paid in 5 installments of \$150
OR \$712.50 if paid in full (5% discount)
SCW Club Members get a 15% discount

Plan B: "ASPIRE"

Participants get an enhanced plan with added off-ice training! Choose Wednesdays or Sundays. Make-ups are allowed, but limited to 5 during the 30 weeks. **Choice of off-ice class before or after skating; adult-specific off-ice class offered**, but may be limited depending on enrollment numbers.

30 week Program:

30 minute Free Skate Class + 20 minute Practice **30 minute Off-ice Class (choose your time)**

SUNDAYS: 1:05-1:35 pm - Off-ice Class and Adult Off-ice
1:45-2:15 pm - On ice Class
2:15-2:35 pm - Practice
2:45-3:15 pm - Off-ice Class

WEDNESDAYS: 5:00-5:30 pm - Off-ice Class
5:40-6:00 pm - Practice
6:00-6:30 pm - On ice Class
6:40-7:10 pm - Off-ice Class and Adult Off-ice

Plan B Requirements: Passed Basic 4 or Adult 4, as aspiring figure skaters may enter this plan early!
USFS Aspire Membership required if not already a USFS member (\$45 dues valid through 6/30/2025)

\$1000/30 weeks - Paid in 5 installments of \$200
OR \$950 if paid in full (5% discount)
SCW Club Members get a 15% discount

Plan C: "ASPIRE EDGE"

Get 2-day packaging (Both Sundays and Wednesdays of Aspire) for a 10% discount! Skate and do off-ice training every day our Aspire program is offered; please be aware, however, that no make-up classes are possible.

See Aspire Plan for class times

Minimum USFS Aspire Membership required

\$1800/30 weeks - Paid in 5 installments of \$360
OR \$1710 if paid in full (5% discount)
SCW Club Members get a 15% discount

Plan D: "OFF-ICE ONLY"

Perfect for Aspire or entry-levels Excel skaters whose skills have outgrown the Learn-to-Skate USA Free Skating curriculum, but are looking for the benefits of off-ice training in a group environment.

30 week Program (Weekly 30-minute off-ice class):

SUNDAYS: 1:05-1:35 pm (Adult option also offered)
SUNDAYS: 2:45-3:15 pm
WEDNESDAYS: 5:00-5:30 pm
WEDNESDAYS: 6:40-7:10 pm (Adult option also offered)

Registrants should attend the same class weekly. Alternate times/make-ups can be considered on a space available basis. Offered only on Aspire Program meeting dates—please see calendar.

Requirements: Must be a SCW Club Member, and passed FS 3 or higher;
Availability may be limited; inquire before registering!

\$300/30 weeks - paid in 5 installments of \$60
OR \$285 if paid in full (5% discount)
NO MEMBER DISCOUNTS APPLY





2024-2025 PROGRAM DATES

SUNDAYS:

September 8, 2024	September 15, 2024
September 22, 2024	September 29, 2024
October 6, 2024	October 13, 2024
November 3, 2024	November 10, 2024
November 17, 2024	November 24, 2024**
December 8, 2024	December 15, 2024
January 5, 2025	January 12, 2025
January 19, 2025	January 26, 2025
February 2, 2025	February 9, 2025
February 23, 2025	March 2, 2025**
March 9, 2025	March 16, 2025
March 23, 2025	March 30, 2025
April 6, 2025	April 13, 2025
April 27, 2025	May 4, 2025
May 11, 2025	May 18, 2025**

**dates subject to change, in the unlikely event of inclement weather, power outages, etc.*

*** Progress Report Classes*

No classes on:

*October 20—Autumn Skate Competition
 October 27—Trunk or Treat Special Event
 December 1—Thanksgiving Break
 December 22 & 29 — Winter Holiday Break
 February 16—Presidents' Day
 April 20—Easter*

PARENT EDUCATION MEETINGS will also be offered - dates TBA!

*For all program inquiries, please email
 Skating Director, Jennifer Eppes at:
scw.learnertoskate.aspire@gmail.com*

2024-2025 PROGRAM DATES

WEDNESDAYS:

September 11, 2024	September 18, 2024
September 25, 2024	October 2, 2024
October 9, 2024	October 16, 2024
October 30, 2024	November 6, 2024
November 13, 2024	November 20, 2024**
December 4, 2024	December 11, 2024
January 8, 2025	January 15, 2025
January 22, 2025	January 29, 2025
February 5, 2025	February 12, 2025
February 26, 2025	March 5, 2025**
March 12, 2025	March 19, 2025
March 26, 2025	April 2, 2025
April 9, 2025	April 16, 2025
April 23, 2025	April 30, 2025
May 7, 2025	May 14, 2025**

**dates subject to change, in the unlikely event of inclement weather, power outages, etc.*

*** Progress Report Classes*

No classes on:

*October 23—Special Event planned
 November 27—Thanksgiving Break
 December 18 & 25—Winter Holiday Break
 January 1—New Year's Day
 February 19—Special Event planned
 May 21—LTS & Aspire Challenge Event (tentative)
 May 28 - End of Season Break*



SPECIAL EVENTS OPEN TO ASPIRE MEMBERS

(all dates tentative - Information will follow)

Sunday, October 20

SCW's AUTUMN SKATE COMPETITION

(compete, volunteer, or cheer on SCW skaters)

Wednesday, October 23

Special Topic: ICE DANCE CLINIC

Sunday, October 27

SCW's HALLOWEEN SPOOKTACULAR

(Trunk or Treat Event)

WEDNESDAY, DECEMBER 18

Special Topic: TBD

SUNDAY, FEBRUARY 16

Possible Special Topic: TBD

WEDNESDAY, FEBRUARY 19

Special Topic: TBD

Special Topics may include Artistry and Presentation, Choreo & Step Sequence Elements, Spin Variations, Creative Jump Combinations, Ice Dance, Interpretive, etc.

NOTE: All Special Events will have additional entry fees and are not included in Aspire Program pricing

FREQUENTLY ASKED QUESTIONS

What equipment is necessary to take part?

All participants must have sufficient quality figure skates. If you are unsure if your current skates qualify, please check with our Skating Director, group instructor, or private coach for guidance. SCW can order Jackson or Riedell skates appropriate for instruction; call for an appointment to be measured and sized correctly, so an order can be placed if interested.

What attire is proper for Aspire classes?

Leggings or skating pants, athletic tops, skating dresses, skirts, and fitted skating jackets are ideal. Jeans, loose-fitting sweat-pants, hoodies, longer play dresses, and other street clothing are not appropriate for training. Instructors need to be able to see skaters' body alignment easily, and skaters need fitted clothing that allows for freedom of movement. Long hair should be kept out of face and vision, secured with an elastic band.

How are skaters grouped for on-ice classes?

Participants will be divided by level; depending on enrollment numbers, groups may have combined levels. This allows skaters the opportunity to work on current skills, continue to strengthen previous skills, and gain exposure to new challenges on higher levels. Sunday and Wednesday classes may vary, dependent on program enrollment.

Are Private Lessons required?

Private lessons are not required. However, following completion of the Basic Skills and at the early Free Skate levels, they are strongly encouraged! By Free Skate 2, it is nearly impossible to master these more challenging skills without more personalized guidance. Similarly, adults should look to private instruction no later than completion of Adult 6, to develop a customized curriculum that meets interests and goals. Aspire provides beneficial supplemental instruction and practice in a group setting, but is not meant to replace private lessons already in place for a skater.

What will be the typical format?

The first 3 minutes of on-ice instruction will utilize the full surface for a stroking warm-up before classes divide into leveled group areas for the remainder of class.

What benefits does 'SCW's Aspire' provide?

Regardless of the plan selected, SCW Aspire lets skaters explore their potential in a fun, peer-based group setting, aiding skill development with budget-friendly plans. By taking advantage of USFS's Aspire Membership (Plans B & C), skaters can begin official USFS tests and enter "Compete USA" Basic Skills, Aspire, and entry-level Excel events. Participation in recitals, competitions, shows and exhibitions is strongly encouraged, so skaters can show off newly acquired skills in a performance capacity. Aspire members can also try special clinics to gain an introduction to other disciplines and areas of figure skating, while parents can take advantage of multiple educational resources to help understand figure skating's many complexities.

What is USFS Aspire Membership?

Participants in SCW's Aspire Plan B or C must be members of United States Figure Skating. If a skater is not yet a USFS member, our Aspire program provides the perfect entry-route. For a \$45 fee, USFS Aspire Membership allows skaters to take introductory USFS tests such as Pre-Preliminary Skating Skills and Singles, Adult Pre-Bronze Skating Skills and Singles, and any Preliminary Dance test, as well as enter Compete USA events (Preliminary and lower, Adult Bronze and lower). Secondary sports accident insurance and SKATING magazine are additional benefits. Any participant who registers for Plan B or C, who is not already a USFS member, will be emailed instructions on how to obtain this special membership.



Will instructors rotate?

Skaters will typically be with an instructor for 10 classes, then rotate, for a total of 3 series within the 30 classes. Occasional substitution of coaches may occur.

How will testing occur in Aspire?

Participants in our Aspire FS and Adult classes will receive a progress report (Learn to Skate Basic 5 & 6, and Free Skate evaluations) every 10th class. Evaluations will be optional for Adults above the Adult 6 level, as they may be using a customized curriculum. If a skater has a private coach, they may make arrangements to test with their coach during any private lesson, if preferred. The badges that mark the skater's accomplishment will be given when a level is completed at no added cost. It is recommended that before an evaluation, a skater should first check with their private coach, if applicable, for approval to test.



Questions?

**Please contact the SC of Wilmington at (302) 656-5005
or email Skating Director, Jennifer Eppes at
scw.learntoskate.aspire@gmail.com**

The Skating Club



of Wilmington

**Our rink is located at 1301 Carruthers Lane,
Wilmington, DE 19803**

skatewilm.com

(302) 656-5005