

Gilmour Academy Ice Arena  
34001 Cedar Road  
Gates Mills, OH 44040-9356

2016-17 Gilmour Academy Figure Skating Club Membership Features & Fees

**Level I - Full Membership**  
**Gilmour Academy Guest**  
**All U.S. Figure Skating Skill Levels**  
**\$800.00** *coaching fees not included*

- Full U.S. Figure Skating membership
- (60) ice hours for training purposes during scheduled figure skating and open skate times (June 1<sup>st</sup> – May 30<sup>th</sup>)  
Additional ice hours may be purchased for \$11.00 per hour
- **Fee free testing** on sessions hosted at Gilmour Academy Ice Arena  
Limit: (2) tests per membership term  
Save the dates: August 29, 2016 and February 27, 2017
- **Fee free** performance in Gilmour Academy Winter Exhibitions  
Limit: (2) programs per event per membership term  
Save the date: December 17, 2016
- **(8) Off-Ice Circuit Training Classes**
- Option for 30-minute training sessions
- Club Jacket



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2016-17 Gilmour Academy Figure Skating Club Membership Features & Fees  
Page 2

## **Level II – Introductory Full Membership**

*(First year only – renew at Level I)*

### **Gilmour Academy Guest**

### **All U.S. Figure Skating Skill Levels**

**\$400.00** *coaching fees not included*

- Full U.S. Figure Skating membership
- (30) ice hours for training purposes during scheduled figure skating and open skate times (June 1<sup>st</sup> – May 30<sup>th</sup>)  
Additional ice hours may be purchased for \$11.00 per hour
- **Fee free testing** on sessions hosted at Gilmour Academy Ice Arena  
Limit: (2) tests per membership term  
Save the dates: August 29, 2016 and February 27, 2017
- **Fee free** performance in Gilmour Academy Winter Exhibitions  
Limit: (2) programs per event per membership term  
Save the date: December 17, 2016
- **(8) Off-Ice Circuit Training Classes**
- Option for 30-minute training sessions
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2016-17 Gilmour Academy Figure Skating Club Membership Features & Fees  
Page 3

## Junior Membership

**Ages 3 through Adult**

**US Figure Skating & USA Hockey Beginner Skill Levels:**

**\$200.00** *coaching fees not included*

- U.S. Figure Skating membership
- (15) ice hours for training purposes during scheduled figure skating and open skate times (June 1<sup>st</sup> – May 30<sup>th</sup>)  
Additional ice hours may be purchased for \$11.00 per hour
- US Figure Skating Basic Skill competition eligibility
- **Fee free** performance in Gilmour Academy Winter Exhibitions Limit: (2) programs per event per membership term  
Save the date: December 17, 2016
- **(8) Off-Ice Circuit Training Classes**
- Option for 30-minute training sessions
- Club skate towel
- US Figure Skating Skills book
- US Figure Skating Patch

### **Limitations:**

*Skaters under age 9 or below Basic Skills Level 6 **MUST** be accompanied by a skating professional for the duration of their time on freestyle ice.*

*Eligible skaters must be 3 years of age on or before July 1, 2016.*

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2016-17 Gilmour Academy Figure Skating Club Membership Features & Fees  
Page 6

Full U.S. Figure Skating membership includes the following:

- Individually numbered U.S. Figure Skating membership card
- The ability to test at U.S. Figure Skating sponsored test sessions
- The ability to participate in local, regional, sectional and national qualifying and non-qualifying events.
- The ability to participate in all sanctioned U.S. Figure Skating events.
- Subscription to SKATING magazine
- Coverage under U.S. Figure Skating's sports accident insurance policy.

Basic Skills U.S. Figure Skating membership includes the following:

- Individually numbered U.S. Figure Skating Basic Skills membership card
- Opportunity to participate in group lessons, approved competitions and performances associated with the Gilmour Academy Basic Skills program
- Basic Skills Edition of SKATING magazine
- Coverage under U.S. Figure Skating's sports accident insurance policy.



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2016-17 Gilmour Academy Figure Skating Club Membership Features & Fees  
Page 6

Circuit Training Designed Exclusively for Gilmour Figure Skaters

*Lead by trained Gilmour Academy figure skating professionals*

- Pre Skate Stretching and Cardio Warm Up Intro and Advance Off - Ice Spin training
- Intro and Advance Off - Ice Jump training
- Intro and Advance Strength and Conditioning
- Intro to Interpretative Movement

