



Henry Park Primary School Parents' Association Sports & Fitness Sub-Committee

C/o Henry Park Primary School, 1 Holland Grove Road, Singapore 278790
Website: <http://www.hppa.org.sg>

Ice Skating Enrichment CCA (ISECCA)

HPPS is the 1st Singapore School to recognize Ice Skating as an Enrichment CCA, organized and supported by HPPA Parent Volunteers. HPPS emerged 5 years Overall Champions in Fuji Ice Palace 7 years Annual Island wide Interschool Ice Skating Competitions. *Ice Skating* is both Physically and Mentally Challenging. It is a vigorous sport that keeps your adrenaline rushing without the loathsome heat and sweat.

The HPPA ISECCA scheme supported by the Singapore Ice Skating Association (SISA) is a designed Learn to Skate program for the beginner skater to experience the diversity of ice skating. Conducted by Fuji Ice Skating School and their NCAP coaches, the syllabus is based on the Ice Skating Institute (ISI) Program. Students will undergo a logical progression of skill development from Pre Alpha to Delta Levels. From these essential fundamentals, a skater can further pursue different fields in the sport, such as synchronized skating, ice dance, figures and pair skating. Here is a sneak preview of what you will learn:

BEGINNERS' COURSE (Group lesson)

Pre-Alpha (Level One)

- 1) Two Foot Glide
- 2) One foot Glide (Left/ Right)
- 3) Swizzle (Forward/ Backward)
- 4) Wiggle (Backward)

Alpha (Level Two)

- 1) Forward Stroking
- 2) Forward Crossover (Left/Right)
- 3) Snow Plow Stop

Beta (Level Three)

- 1) Backward Stroking
- 2) Backward Crossover (Left/Right)
- 3) T-Stop

Gamma (Level Four)

- 1) Outside Three Turn (L/R)
- 2) Inside Mohawk Turn (L/R)
- 3) Hockey Stop

Delta (Level Five)

- 1) Inside Three Turn (L/R)
- 2) Inside /Outside Edge
- 3) Bunny Hop
- 4) Shoot-The-Duck
- 5) Lunge

Classes will be conducted in block of **8 lessons** per school term. Students will be assessed before progressing to the next level.

Students in group lessons are strictly not allowed to arrange or change any lessons date with the Skating school. All term lessons schedules, dates and time will be scheduled and updated only through our HPPA Parent In Charge. The fee is

Saturday group \$180.00 per child per term(Self Transportation)

Wednesday Group \$220.00 (inclusive of 2 way Bus Transport to the Ice Skating Rink from School.

Above fees is applicable to HPPA Members only (to join as HPPA member is \$20.00 p.a.)

Duration of each lesson is ½ hr by a licensed coach followed by 3 hours practice session on Ice after lesson. The price includes admission to the rink and rental of skates. Students will have to be in the group for 4 terms to fulfill the minimum required 80% attendance to be endorsed by the school.

No make up lessons for absence from any sessions. Valid Medical Certificate is required for absentees.

Limited spaces are available and registration is on a first-come first-served basis.

All cheques are to be made payable to "HPPA" and drop it together with the completed registration form at the HPPA box at the General Office by **15th December 2010**.

Please remember to issue a separate cheque for HPPA membership.

For further queries, please do not hesitate to contact any of our Parent-Volunteer Committee Members :

Ms Annie Koh Tel : 96609078 Email annie_koh19@yahoo.com.sg

Mr Andy Lim Tel : 945011911 Email andysoccer68@hotmail.com

✂ -----

Henry Park Primary School Ice Skating Enrichment CCA

LEARN TO SKATE NEW BEGINNER CLASS in 2010

Child's Name : _____ Class : _____ (2010)

Address : _____ S()

Gender : M / F Birth Cert Number : _____ Date of Birth : ____/____/____

Parent's Email Address : _____

Parent's Name : _____

Tel No. : _____ (Home) _____ (Mobile) Cheque No: _____

PREFERRED LESSON DAY : WEDNESDAY (9AM – 11AM) OR SATURDAY (9AM / 930AM / 10AM)

****IMPORTANT – Upon confirmation of the course, no change of date or postponement is allowed and no refunds will be entertained.***

****Lessons for the group will not commence if the minimum group size is not fulfilled (min 8 students per group every term).***

Indemnity

Upon Jack Investment's undertaking that they shall exercise reasonable care to ensure the safety of all participants in the HPPS Enrichment CCA,

I, _____ (parent / guardian), hereby undertake to indemnify Jack Investment, Kallang Ice World, Henry Park Primary School (HPPS), Henry Park Primary School Parents' Association (HPPA) and their clients against all claims arising out of any injury, death, damage or loss suffered or caused in the course of participating in the HPPS Ice Skating Enrichment CCA and this includes all cost and expenses incurred as a result of such claims.

Parent/Guardian Signature & Name

Date: