



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 scheduled. Students will be assessed before progressing to the next level. The fee is **\$150.00** per child per term for **HPPA Members** (you may join HPPA immediately at \$20.00 p.a, otherwise you need to pay a registration fee of \$20.00) Duration of each lesson is ½ hour by NCAP coach followed by 1 hour practice after lesson. The fee 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 attendance to be endorsed by the school.

ADVANCED COURSE (Freestyle)

After completion of the Elementary Course levels, skaters may progress through the Freestyle levels

Students in group lessons are strictly not allowed to arrange or change any lesson dates with the Skating school
All term lessons schedules, dates and time will be scheduled and updated only through HPPA Parent In Charge of Ice-skating.

No refunds will be entertained for absence from any sessions.

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

All cheques are to be made payable to "HPPA" and submitted together with the completed registration form at the ISECCA tray at the General Office by 4 January 2009 .

Separate cheque for HPPA membership is advised if you are not yet a HPPA member.

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

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

Mr Andy Lim Tel : 94501191 Email : andysoccer68@hotmail.com

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Henry Park Primary School Ice Skating Enrichment CCA

Child's Name : _____ Class : _____ (2009)

Address : _____

Postal Code S(_____)

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

Parent's Email Address : _____

Contact No : _____ (Home) _____ (Mobile)

Please tick 1 preferred lesson day : Bus Transport required (Yes / No)

WEDNESDAY (9am)

SATURDAY (10am)

SUNDAY (10am)

Payment Mode : CASH / CHEQUE no : _____

Agreement and Indemnity

I fully understand and accept the risks associated to Ice Skating. Upon Jack Investment Pte Ltd's undertaking that they shall exercise reasonable care to ensure the safety of all participants in the HPPS Ice Skating Enrichment CCA, I, _____ (parent / guardian), hereby undertake to indemnify Jack Investment Pte Ltd, Henry Park Primary School (HPPS), Henry Park Primary School Parents' Association (HPPA) and their officers, employees and agents 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.

I have read and understood and accept the terms and conditions stated below.

Parent/Guardian Signature

Date:

Terms and Conditions

- Upon confirmation of the course, no change of date or postponement is allowed and no refund will be entertained if lesson has commenced
- Lessons for the group will not commence if the minimum group size is not fulfilled (min 5 students per group every term)
- There will be no make up lesson for absence
- Parents/Guardians of the student/ward must pay the program and activity fees in full and the student must satisfy the prevailing School's CCA regulations (such as attending 80% of the scheduled activities) in order to qualify for the submission to School's endorsement in student's report book. Absence with medical certificate or other valid reasons acceptable by HPPS will not be penalized.
- Jack Investment Pte Ltd and HPPA can refuse to train participants with payments in arrears for more than two weeks.



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Ice Skating Enrichment CCA (ISECCA)

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Child's Name : _____ **Class :** _____ (2009)

Address : _____ **S(** _____ **)**

Gender : M / F **Birth Cert Number :** _____

Date of Birth : ____/____/____ **Email Address :** _____

Parent's Name : _____

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

PAYMENT MODE : Cash / **Cheque No:** _____ **Amount :**

LESSON DAY : WEDNESDAY (AM) _____ / SATURDAY (AM) _____ /

SUNDAY (AM) _____. **For Individual (Private Skaters)** _____

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