

# Ice Skating Lesson Program



## Basic Skills Program

US Figure Skating Basic Skills Program has been developed as a beginning ice skating program that is challenging and rewarding - but most of all fun. Participation in the program will enable skaters of all ages and abilities to learn the fundamentals of ice skating while teaching them the skills necessary to advance to a competitive or recreational figure skating or our Learn to Play Hockey program.

## Basic 1 through Basic 8 (Learn to Skate)

Beginner skaters, ages 6 to 65, are introduced to the basic skating techniques.

Skaters are placed in levels based on their level of ability. Six-week skating classes continue from Basic 1 through Basic 8. Participants will also have a chance to display the skills they have learned in a once a year recital, watch for additional information.



## Snowplow Sam for Tots

Ages 4 & 5 are placed into the US Figure Skating Snowplow Sam program. This program is designed to help pre-school age children develop the preliminary coordination and strength necessary to maneuver on skates.

## Questions frequently asked

**When should I enroll?** Enroll at least one week early to allow us to prepare for proper coach to student ratio.

**What time should I arrive?** Allow at least 15 minutes prior to class to get your skates on.

**What should I wear?** Layers of clothing will help the skater allow freedom of movement and gloves are a must! If you are under the age of five we request a helmet be worn (a bicycle helmet is fine)

**Practice times during Learn to Skate** –parents may skate during your child's practice time at an additional cost. Skates Only Please!

**As a parent what should I be doing?** We encourage the parents to sit in the stands and watch. Please do not sit in the players benches.

## 2009 –2010 LEARN TO SKATE CLASS SCHEDULE



	<b>Tuesdays</b> 6:30 - 7:30pm	<b>Fridays</b> 6:50-7:50pm	<b>Saturdays</b> 11:20-12:20pm
<b>Winter 1</b>	10/6-11/10/2009	9/25-10/30/2009	9/26-10/31/2009
<b>Winter 2</b>	11/17-12/22/2009	*11/6-12/18/2009(11/27)	*11/7-12/19/2009(11/28)
<b>Winter 3</b>	1/5-2/9/2010	*1/8-2/19/2010(2/12)	*1/9-2/20/2010(2/13)
<b>Winter 4</b>	2/16-3/23/2010	*2/26-4/23(3/12-3/26)	*2/27-4/24/2010(3/13-3/27)
	Make up classes are not available	*Denotes skipped week in classes	

**6- WEEK SESSION \$115.00**

**For Program information contact:**

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## PROGRAM BENEFITS

- Basic Skills Record Book
- US Figure Skating Registration
- Free Skate Rental
- *Students who pre-register at least one week in advance of the session receive 6 Free Public Skating passes (\$60 value)*



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