

## FIGURE SKATING FREESTYLE PROGRAM

The Figure Skating Freestyle Program is designed to teach the Ice Skating Institute's (ISI) freestyle levels of figure skating including basic gliding moves, spinning and jumping. Skaters in the freestyle classes should have their own skates, wear skating attire and be practicing outside of class on a regular basis. In addition, private lessons are highly recommended for faster progression.

**(Beginner) ISI Freestyle 1-2** (All Ages)–(Student Instructor Ratio=12:1) \$80 – 6 weeks – Emphasis is on setting jumps and spins and connecting moves. One-half rotation and full rotation jumps and one foot spins are also introduced along with footwork, gliding and uncaptured moves and element combinations.

**Friday – 5:40pm Saturday – 10:20am**

**(Basic) ISI Freestyle 3-4** (All Ages)–(Student Instructor Ratio=12:1) \$80 – 6 weeks – Emphasis on single jumps positional spins.

**Friday – 5:40pm Saturday – 10:20am**

## SPECIALIZED FIGURE SKATING CLASSES

**Power Class** (All Ages) – Student Instructor Ratio = 12:1 – \$80 – 6 weeks – For the skater who wants to improve their speed, strength and stamina. Please bring a water bottle to class and be prepared to sweat!

**Saturday – 9:40 am**

**Edge/Footwork Class** – \$80 – 6 weeks – Must be working on intermediate moves and above. This class focuses on edge quality, turns and step sequences.

**Friday – 5:00 pm**

**Beginner Synchro (in house team)** – \$80 – 6 weeks – Ages 5 - 9 Pre Alpha-Delta – For the skater that wants to try a synchronized skating team. Skaters will learn a routine and perform in Arctic's Holiday Exhibition. Costumes will be an additional cost.

**Saturday - 9:40 am**

### **FREE PRACTICE SESSIONS: PRACTICE MAKES PERFECT!**

All learn-to-skate students are encouraged to practice the skills they have learned in class. Practices are necessary in order to advance to the next level. Parents and siblings may also take this opportunity to skate at these practices. Skate rental fees apply and practice times are only on days that classes are in session:

**Friday - 5:30-5:40 pm ~ Saturday - 10:50-11:00 am**



# Learn To Skate Program

Basic Ice Skating Skills Classes  
for

- Hockey & Figure Skaters •
- Skaters with Disabilities •
- Specialized Figure Skating Power Class •

2011 Fall 1 Session  
Aug 26th – Oct 15th

No Classes Sept 16 & 17 or Oct 7 & 8

2011 Fall 2 Session  
Nov 11th – Jan 7th

No Classes Nov 25 & 26 or Dec 9, 10, 23 & 24

# ARCTIC ICE ARENA LEARN-TO-SKATE

## REGISTRATION POLICIES IMPORTANT:

The learn-to-skate program is designed to help skaters feel comfortable on the ice and teach basic balance, coordination and maneuvering. The program is also based on the Ice Skating Institute weSkate program. Class instructors make learning fun with songs, games, toys and challenges for younger skaters.

Skaters must be able to walk in skates to participate. It is recommended that all **first time skaters regardless of age** try on and walk in a pair of skates off of the ice **PRIOR** to registration. Absolutely no refunds are issued once a skater is registered.

Classes with 4 or less skaters **WILL BE COMBINED** with other classes or be canceled.

**One make-up per session is allowed between weeks 2-5 only.** The first and last week of class are used to evaluate skaters in order to ensure proper level placement.

## CLASS PREPARATION

Figure skates are recommended for **ALL beginners** for the first session of lessons. **No double blades allowed!** **Absolutely no refunds are given once a child is registered for class!**

Please arrive **EARLY** for each class. Extra time is needed to properly lace up skates and pick up name tags.

Please avoid wearing cotton socks in skates. Thick socks can cause blisters and do not keep feet warm. Thick socks will necessitate the skater to wear a larger skate which may not properly support the skaters' feet and ankles. A nylon type thin sock is recommended for all skates.

Instructors are available to answer any questions a parent might have before or after any class. Beginner classes meet office on the first day of class in order to check skates to see that they are laced properly and fitted correctly.

Skates are available to rent for \$2 per class and are highly recommended. Rental skates are kept sharp and made of leather, not vinyl. This is important so that ankles are properly supported.

It is imperative that parents remain away from the glass and rink doors while classes have started and remain seated in the bleachers or lobby. **ABSOLUTELY NO PARENTS ARE ALLOWED ON THE ICE IN SHOES.** Parents are a great distraction to the entire class. Please be courteous to the instructors, class and fellow parents and allow our instructors to do their job without interruption. Please leave the teaching to the staff and be patient. It takes time to learn to skate!

## BEGINNER LEARN-TO-SKATE CLASSES

**3-4 Year Old Pre-Tots** (Student Instructor Ratio = 5:1) - \$80 – 6 weeks

This class is for 3-4 year olds who have little or no formal skating instruction or experience. Emphasis is on falling down, getting up, standing, marching and two foot turns. Student helpers may also be assigned to assist instructors.

**5-6 Year Old Tots** (Student Instructor Ratio = 5:1) - \$80 – 6 weeks

This class is for 5-6 year olds who have little or no formal skating instruction or experience. In addition to falling down, getting up, standing and marching, skaters will also focus on gliding, pushing, swizzles and one foot skating. Student helpers may also be assigned to assist instructors.

**Pre-Alpha - 6 Years Old & Up** (Student Instructor Ratio = 12:1) - \$80 – 6 weeks

Older skaters with little or no formal skating instruction – Emphasis is on forward gliding, forward swizzles, back wiggles and two foot turns. Student helpers may also be assigned to assist instructors.

**Pre-Tots/Tots/Pre-Alpha classes offered at the following times:**  
**Friday - 5:00 pm**  
**Friday - 5:40 pm**  
**Saturday - 11:00 am**

## BASIC LEARN-TO-SKATE CLASSES

The basic learn-to-skate levels, which include Alpha, Beta, Gamma/Delta, are designed to teach both hockey and figure skaters the skills necessary to propel themselves forward and backward on the ice. Skaters will also continue to learn about how their blades and bodies interact with the ice and the motions they are able to create. It is imperative at this level that constant practice is maintained and that learn-to-skate lessons remain constant for faster progression.

**Alpha** (All Ages) - (Student Instructor Ratio = 12:1) - \$80 – 6 weeks

This class is for skaters who have mastered all beginner fundamental maneuvers including Pre-Alpha. Emphasis is on beginning forward crossovers, stroking, and pumps.

**Beta** (All Ages) – (Student Instructor Ratio = 12:1) - \$80 – 6 weeks

Skaters who have mastered the elements of Alpha should register for this class. Emphasis is on beginning backward crossovers, backward stroking and backward pumps.

## ALPHA & BETA CLASSES ARE OFFERED AT THE FOLLOWING TIMES:

**Friday - 5:00 pm**

**Saturday - 10:20 am**

**Saturday - 11:00 am**

**Gamma/Delta** (All Ages) – (Student Instructor Ratio = 12:1) - \$80 – 6 weeks

Skaters registered in this class must be able to perform fluent forward and backward crossovers and have mastered all of the elements of the Basic Fundamentals Program. Skaters will work on left and right, forward and backward 3-turns, mohawks and edges. These elements are necessary for both hockey and figure skaters.

## GAMMA/DELTA CLASSES ARE OFFERED AT THE FOLLOWING TIMES:

**Friday - 5:40 pm**

**Saturday - 10:20 am**

**Teen/Adults** (16 and Up) - \$80 – 6 weeks

It's never too late to learn how to skate. Teen classes are geared toward 16 years of age and up. Instructors make every effort to structure the class to benefit all of the students with group and individual teaching. Number of instructors and actual class format will depend on how many skaters enroll and the level variation of each class.

**Saturday - 10:20 am**

**Special Skaters** (All Ages with Disabilities) - \$80 – 6 weeks

Classes are taught by experienced social workers and students focused on social work. All special skaters must be approved prior to registration by Special Skater Program Coordinator. Please call Charice at Ext. 121 or email at [cherschbach@att.net](mailto:cherschbach@att.net) for further contact information.