

USFS FREE SKATE CURRICULUM

Each free skate level is divided into four sections: moves in the field, spins, dance/footwork and jumps. The free skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.

Free Skate 1 (All ages)-(Student instructor ratio 12:1)-\$140 10 weeks

This class will cover advanced stroking, forward consecutive edges, backward outside 3 turns, forward scratch Spin, waltz jump and half flip.

Free Skate 2 (All ages)-(Student instructor ratio 12:1)-\$140 10 weeks

This class will cover consecutive backward edges, forward outside and inside spirals, forward progressive Chasse sequence, waltz 3's, waltz jump/side toe hop/waltz jump, and toe loop

Free Skate 3 (All ages)-(Student instructor ratio 12:1)-\$140 10 weeks

This class covers advanced forward and backward crossovers, waltz 8, backward inside 3 turns, swing rolls, Back spin, salchow, half lutz, and waltz jump toe loop or salchow toe loop combination.

Free Skate 4 (All ages)-(Student instructor ratio 12:1)-\$140 10 weeks

This class will cover spiral sequences, forward power 3 turns, backward progressive/chasse sequence, Sit spin, loop jump, waltz jump loop jump combination.

Free Skate 5 (All ages)-(Student instructor ratio 12:1)-\$140 10 weeks

This class will cover spiral sequences, footwork sequences, camel spin, forward spin to back spin, Loop/loop combination, flip and waltz jump-falling leaf-toe loop sequence.

Free Skate 6 (All ages)-(Student instructor ratio 12:1)-\$140 10 weeks

This class will cover Alternating back crossovers to outside edge, 5 step Mohawk sequence, camel/sit Combination spin, split or stag jumps, waltz jump-half loop-salchow, lutz and axel preparation.

Free Skate 1-6 classes are offered at the following times:

Friday 5:00pm-5:30pm Saturday 9:40am-10:10am

Power Skating

This class is for skaters wanting to improve their speed, strength and stamina. Skaters must be in free skate 1 or above to participate. The class may be split up into low and high levels. Please bring water and be prepared to sweat! \$120 10 weeks

Power Skating is offered at the following time:

Saturday 9:00am-9:30am

Edge/Footwork: (Preliminary-Senior Levels)

This class will be 30 minutes emphasizing on edge work and footwork technique. (Skaters will be split up according to ability) \$120 10 weeks.

Edge/Footwork is offered at the following time:

Friday- 5:00pm-5:30pm



Arctic Ice Arena



**Basic Ice Skating Skills Classes For Figure & Hockey Skaters
Also Adult Classes**

**2014 SPRING SESSION
MARCH 7,8 - MAY 23,24
10 WEEKS**

NO CLASSES 4/25, 4/26, 5/2, & 5/3

Registration Begins Feb 21

10700 W 160th St Orland Park, IL 60467 (708)403-4231
www.arcticicearena.com

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 US Figure Skating basic skills 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 2-9 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 check in. 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 off ice 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 instructor, 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!

FREE PRACTICE SESSIONS: PRACTICE MAKES PERFECT!!!

All learn to skate students are encouraged to practice their skills they have learned in class. Practice is 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 when classes are in session:

Friday- 5:30-5:40pm Saturday- 10:10-10:20am & 10:50-11am

SNOW PLOW SAM PROGRAM

The Snowplow Sam levels are designed to help the preschool-age skater develop preliminary

strength to maneuver on the ice. After Snowplow Sam skaters will progress to Basic skills level 2.

Snowplow Sam 1 (ages 3-5)-(Student instructor ratio=5:1)-\$140 10 weeks

Snowplow Sam 2 (ages 3-5)-(Student instructor ratio=5:1)-\$140 10 weeks

This class will cover standing up off and on the ice, marching and standing still dips.

Snowplow stops.

This class will cover forward skating, one foot glides, forward and back swizzles, and

Friday 5:40-6:10pm

Snowplow Sam 1-3 classes are offered at the following times:

Saturday 10:20-10:50am

Saturday 11:00-11:30am

USFS BASIC SKILLS 1-8 CLASSES

The "basic skills" are the fundamentals of the sport. These 8 levels of the program

introduce the

fundamental moves.

Basic 1 (Ages 6 and up)-(Student instructor ratio= 12:1)- \$140-10 weeks

For the beginner skater, this class will cover the proper way to fall and get up, marching

across the ice,

Basic 2 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

2 foot glides, forward swizzles and snow plow stops.

Basic 3 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

foot turns.

Basic 4 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

and 2 foot spins.

Basic 5 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

This class will cover forward stroking, forward circle pumps, backward one foot glides

Basic 6 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

hops, forward

Basic 7 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

lunges and forward spirals.

Basic 8 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

and forward inside pivots.

positions, ballet jumps

This class will cover forward inside Mohawks, backward outside edges and landing

Basic 9 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

hops, forward

Basic 10 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

backward pumps and backward stroking.

Basic 11 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

This class will cover backward edges on a circle, backward crossovers, hockey stops, and

Basic 12 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

1 foot spins.

Basic 13 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

This class will cover forward inside 3 turns, moving backward to forward, T-stops, bunny

Basic 14 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

jumps and mazurkas.

Basic 15 (All ages)-(Student instructor ratio= 12:1)- \$140-10 weeks

This class will cover moving forward 3 turns, Mohawk combinations, 1 foot spins, waltz

HOCKEY 1-4 (Endorsed by USA Hockey)

The hockey curriculum is designed to teach the fundamentals of hockey skating. In four levels the skaters will

learn how to maneuver faster and be more agile on the ice. Proper skating techniques

are the primary focus

fundamentals to be

successful in game situations. Necessary equipment: Hockey skates and hockey helmet

(Student instructor ratio= 12:1)- \$140-10 weeks

Saturday 9:40-10:10am

Hockey 1-4 classes are offered at the following times:

TEEN/ADULT 1-4 CLASSES

The Teen/Adult curriculum is designed for the beginner skater 16 years old and over. It will

promote physical fitness and

improve balance and coordination while teaching proper skating techniques. Divided into 4 levels,

skaters will progress

at an individual rate while being challenged and motivated. -(Student instructor ratio= 12:1)-

\$140-10 weeks

Saturday 9:40-10:10am

Teen/Adult Classes are offered at the following times: