

# Specialty Classes

## **Power Skating** - \*Skaters must be pre freeskate of higher\*

Sat 9:30am-10:00am

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!

\$150 / 10 Weeks - Register At Front Desk

## **Edge/Footwork** - \*Skaters must be pre freeskate or higher\*

Fri 5:00pm-5:30pm

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

\$150 / 10 Weeks - Register At Front Desk

**\*\*DISCOUNT\*\***

**\$280 for both Power and Edge/Footwork Class**

## **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)

**\$170 - 10 weeks**

**Teen/Adult Classes are offered at the following times:**

**Saturday 11:00am-11:30am**

Skater Name: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Class Level: \_\_\_\_\_ Day & Time: \_\_\_\_\_

Session: \_\_\_\_\_



**Arctic Ice Arena**

**LEARN TO**

**SKATE**

**USA**

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

**2020 Fall/Winter Session**

**10 Week Session**

**Sept 11&12th - Dec 18&19th**

**Registration July 30th-Sept 4th**

**\*\*NO CLASSES 10/9, 10/10, 10/23, 10/24,  
11/6, 11/7 11/20, 11/21, 12/4, 12/5\*\***

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

## USFS BASIC SKILLS 1-PRE FREESKATE 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) - \$75/4 Weeks**  
(Beginners) proper way to fall and get up, marching across the ice, 2 foot glides, forward swizzles and snow plow stops.

**Basic 2 - (All ages) - (Student instructor ratio= 12:1) - \$170 / 10 Weeks**  
One foot glides, backward 2 foot glides, backward swizzles, and 2 foot turns.

**Basic 3 - (All ages) - (Student instructor ratio= 12:1) - \$170 / 10 Weeks**  
Forward stroking, forward circle pumps, backward one foot glides and 2 foot spins.

**Basic 4 - (All ages) - (Student instructor ratio= 12:1) - \$170 / 10 Weeks**  
Forward edges on a circle, forward crossovers, beginning forward 3 turns, Backward pumps and backward stroking.

**Basic 5 - (All ages) - (Student instructor ratio= 12:1) - \$170 / 10 Weeks**  
Backward edges on a circle, backward crossovers, hockey stops, and 1 foot spins.

**Basic 6 - (All ages) - (Student instructor ratio= 12:1) - \$170 / 10 Weeks**  
Forward inside 3 turns, moving backward to forward, T-stops, bunny hops, forward Lunges and forward spirals.

**Pre-FreeSkate - (All ages)-(Student instructor ratio= 12:1) - \$170 / 10 Weeks**  
Forward inside Mohawks, backward outside edges, landing positions, ballet jumps, forward inside pivots, moving forward 3 turns, Mohawk combos, 1 foot spins, waltz jumps and mazurkas.

**Basic 1/2/3/4 - FRI 5:40-6:10pm SAT 10:20-10:50am**

**Basic 5/6/Pre Freeski - FRI 5:00-5:30pm SAT 11:00-11:30am**

## 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) - \$170 / 10 Weeks**  
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) - \$170 / 10 Weeks**  
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) - \$170 / 10 Weeks**  
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) - \$170 / 10 Weeks**  
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) - \$170 / 10 Weeks**  
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) - \$170 / 10 Weeks**  
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 FRI 5:00-5:30pm SAT 10:20-10:50am**

## 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.

### 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 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!

#### **\*NO MAKE UP CLASSES\***

### **Learn to Skate Protocols**

- classes will be conducted in accordance with LTS USA guidelines and the State of Illinois

- We will not be offering Snow Plow Sam classes until physical distancing restrictions have been lifted

- Skaters are strongly encouraged to arrive dressed and ready to skate before entering the building.

Only one parent/chaperone may remain in the building with a minor child who is skating. Siblings and nonparticipating spectators are not allowed in the facility.

- every individual must wear a face covering or mask while in the building. Skaters and instructors may remove masks while on the ice.

- Please arrive no more than 10 minutes before class start time and leave immediately when class is over. There will not be 10 minutes of practice before/after class.

- rental skates will be available and will be sanitized after use.

- Instructors will refrain from any physical contact with skaters and adjust lesson plans to keep skaters 6 feet apart from each other.