

# LEARN TO SKATE SESSION 2

## **DATES:**

Saturdays January 14<sup>th</sup> – February 18<sup>th</sup>

Or

Sundays January 15<sup>th</sup> – February 19<sup>th</sup>

## **COST:**

\$50.00 for class registration. \$12.00 for annual USFS membership fees. Participants in the 1<sup>st</sup> session of learn to skate do not need to pay the \$12.00 USFS fee.

## **PRACTICE ICE:**

There is 2 sessions of practice ice, they are held every Wednesday and Friday- weather permitting- from 3:15p.m. - 4:15p.m. There is no charge for practice ice for learn to skate participants. Skaters are allowed to come to both sessions. There is no class instruction on these sessions.

## **CLASSES:**

**Snowplow 1-** This is for the itty bitty ones (3-5 years old) This class is to get the little ones comfortable on the ice. It teaches very small movements and basic steps with fun and games.

**SNOWPLOW SKATERS ARE REQUIRED TO WEAR A HELMET, THESE ARE NOT PROVIDED BY THE RINK, SO PLEASE BRING YOUR OWN, BICYCLE HELMETS WORK GREAT!!**

**Snowplow 2 & 3-** This is still for the little ones after graduating Snowplow 1, they begin to learn bigger movements and focusing on correct stance, basic steps and beginning stopping.

**SNOWPLOW SKATERS ARE REQUIRED TO WEAR A HELMET, THESE ARE NOT PROVIDED BY THE RINK, SO PLEASE BRING YOUR OWN, BICYCLE HELMETS WORK GREAT!!**

**Basic 1-** This class is for all ages, (Hockey & Figure) they will learn falling & recovery, proper stance, forwards movement, beginners stop and backwards movement.

**BEGINNER SKATERS SHOULD WEAR A HELMET, THE RINK DOES NOT PROVIDE HELMETS, BICYCLE HELMETS WORK GREAT!!**

### **Basic 2-**

**Hockey 2-** These classes will begin to teach glides on 2 feet and 1 foot, forwards and backwards skating, snowplow stops.

**Basic 3, 4, 5, 6, 7, 8-** This is where you will begin to learn beginning figure skating moves, edges, crossovers, forwards & backwards stroking, backwards stops, spins, hops, spirals, beginning jumps and more

**Hockey 3, 4-** This class will get you ready for hockey teams, games etc. We begin to teach crossovers, backwards glides, turns from backwards to forwards, and edge control.

# CLASS TIMES:

## **Snowplow 1:**

Saturdays 9:40-10:10

Sundays 12:10-12:40

## **Snowplow 2 & 3:**

Saturdays 9:40-10:10

Sundays 12:10-12:40

## **Basic 1:**

Saturdays 10:15-10:45

Sundays 12:45-1:15

## **Basic 2/ Hockey 2:**

Saturdays 10:15-10:45

Sundays 12:45-1:15

## **Basic 3, 4, 5, 6, 7, 8:**

Saturdays 9:40-10:10

Sundays 12:10-12:40

## **Hockey 3 & 4:**

Saturdays 9:40-10:10

Sundays 12:10-12:40

FOR MORE INFORMATION PLEASE CONTACT CIJI GREEN AT [COACHCGREEN@YAHOO.COM](mailto:COACHCGREEN@YAHOO.COM) or (970)208-3027.