

CLASS DESCRIPTIONS

- ***Snowplow Classes 1,2,3:** Children are eligible to begin the first set of “Snowplow” classes Snowplow 1 when they are 3 years of age. The first set of classes skaters will learn the basics of skating including marching back and forth, dipping, gliding, getting up and down on their own and more.. We incorporate lots of games and fun activities for the kids in this Beginner level for the younger ones
Upon completion of each level your skater will progress to the next level with each level building on the skills you learned from the previous one. After passing Snowplow Sam 3 you will sign up for Basic 2.
- ***Basic 1:** This is the beginner class for children 8 years of age or older. This class focuses on a combination of the Snowplow levels plus some harder elements but is geared toward older kids.
- ***Basic 2:** You would sign up for this class if you have either passed Basic 1 or Snowplow 3. Skaters are now beyond just basic elements and will begin to learn Turns, Swizzles, 1 foot glides.....and more.
- ***Basic 3,4,5:** These levels are really get into the fundamentals of Figure Skating working on more advanced moves that are the core elements for a skater. Your skater will learn, throughout these levels, everything from Crossover to Spins to Small Hops.
- ***Basic 6,7,8:** Congratulations!!! Your skater now has the option of signing up for either our Advanced Learn to Skate Classes or stay in our Regular Learn to Skate Classes. With our Advanced LTS your skater will receive one full hour of instruction opposed to the Half Hour they get with our Regular LTS. Advanced LTS is designated more to the skaters that are interested in pursuing skating to a competitive level.
- ***Freestyle 1,2,3,4,5,6:** Once your skater had progressed to this level they must be in our Advanced Learn to Skate program these levels are focusing on Jumps, Spins, and Footwork Sequences. These skaters are very Advanced many of Who compete and have private coaches.
- ***Adults:** IT IS NEVER TOO LATE TO START! Our Adult classes let Adult skaters learn at their own pace. The adult class sizes are small and have a very customized curriculum.
- ***Hockey 1,2,3,4:** You are eligible to Sign up for the first Hockey class after they have passed at least snowplow Sam 3 or Basic 1. These classes DO NOT use a Stick and Puck instead focus on the core footwork and steps that a beginner Hockey Player would need.
- ***Hockey Academy:** After completion of Hockey 4 you can sign up for our Hockey Academy these classes Do USE a Stick and Puck and continue to build on moves they learned in their previous classes as well as puck handling and other moves.

*****Some Levels Require More than 1 Session for Completion*****

*****If Switching from a Different Program Levels may need to be assist at First Class*****

CLINICS

First 15 minutes (or full half-hour) of Practice Ice (in coned off area).

Clinics are available for Power skating, Artistry or Step-up.

Artistry clinics focus on body alignment, motion and arm positioning. Power Clinics focus on correct pushes, speed, turns and edges. These are a great way to improve a skater's power as well as agility on the ice and are very helpful for anyone in hockey as well as any skater looking to improve their speed and footwork. Step up clinics are designed to improve the skater's specific weak areas. They are a wonderful way to receive individual attention from one of our professionals.

All clinics are \$10 for 15 minutes OR \$15 for 30 minutes.

Introduction to Pairs skating

This class is new for the fall of 2010. It will be offered on Saturdays during the Advanced Learn to Skate hour (10:40-11:40 am).

It will teach the basics of pairs skating. For more information, please see Jessica Dawes.

Ice Land USA Skating Academy Registration

At Winterhurst

\$5.00 LATE FEE IF NOT REGISTERED SEPTEMBER 11, 2010

SKATER'S NAME _____ SKATER'S BIRTH DATE: _____

PARENT(S) NAME _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP _____

E-mail: _____

Home Phone _____ Cell Phone: _____

Signature: _____

(Parent or guardian if under age 18)

PLEASE NOTE: ONLY REGISTERED LTS PARTICIPANTS AND INSTRUCTORS ARE ALLOWED ON THE ICE

	<u>Residents</u>	<u>Non-Residents</u>	<u>6 WEEK SESSION</u>
Learn-to-Skate (6 weeks)	\$49.00	\$59.00	= _____
Off Ice LTS Class (6 weeks)	\$48.00	\$48.00	= _____
<u>PACKAGE</u> Off Ice/ Learn to Skate	\$90.00	\$100.00	= _____
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Advanced Learn to Skate (6 weeks) (50% OFF ADDITIONAL ADVANCED CLASS)	\$69.00	\$69.00	= _____
Off Ice LTS class (6 weeks)	\$48.00	\$48.00	= _____
<u>PACKAGE</u> Off Ice/ Advanced LTS Class	\$110.00	\$110.00	= _____
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Hockey Academy (6 weeks) (Prerequisite Hockey 4)	\$69.00	\$69.00	= _____
Off Ice Hockey Conditioning (6 weeks)	\$48.00	\$48.00	= _____
<u>PACKAGE</u> Off Ice/ Hockey Academy	\$110.00	\$110.00	= _____
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6 SKATE RENTALS	\$ 12.00	\$ 12.00	= _____
		TOTAL	= _____

15 or 30 minute Step-Up Clinics, Artistry Clinics and Power Clinics are available during practice time upon request. Clinics are \$10 for 15 minutes or \$15 for half-hour. See LTS coach directory.

Please make Checks Payable to: Iceland USA Lakewood

Credit card Visa _____ MasterCard _____

Card Number: _____ Exp. Date: _____

Waiver: I understand that Serpentine Arena, its employees and/or volunteers assume no liability for me/child while participating in, or traveling to or from this program. I understand that Serpentine Arena is not responsible for the actions or inactions of others on or off the ice. I also certify that myself/child is/are covered by medical health insurance and agree in case of emergency to allow myself/child to be transported to the nearest medical facility by emergency medical service. I fully recognize the possibility of physical injury associated with the activity which I and/or my child(ren) desire(s) to participate in, and hereby release Serpentine Arena, and its officials, employees and volunteers, from any claims for property damage and/or personal injury arising out of my child(ren)'s participation in this activity.

Please Mark with an "X"
Must register in advance for all classes or pay \$5.00 Late Fee

Mondays: SEPTEMBER 13, 20, 27th OCTOBER 4, 11 and 18th

10:00-10:30 am Snow Plow 1, 2, 3 _____ (circle one)

6:00-6:30 pm Snow Plow 1 _____ Snow Plow 2 _____ Snow Plow 3 _____
Basic 1 _____ Basic 2 _____ Basic 3 _____ Basic 4 _____ Basic 5 _____
Hockey 1 _____ Hockey 2 _____ Hockey 3 _____ Hockey 4 _____ Adults _____

6:30-7:30 pm **Advanced Learn to Skate (ONE HOUR)**

Basic 6 _____ Basic 7 _____ Basic 8 _____
Free 1 _____ Free 2 _____ Free 3 _____ Free 4 _____ Free 5 _____ Free 6 _____

6:30-7:00 pm **Practice** (Joint practice for both 6:10 pm classes and 7:10 pm classes)

Artistry Clinic (15 min or 30 min) _____ Power Clinic (15 min or 30 min) _____
Step-up Clinic (15 or 30 min) _____

7:00-7:30 pm Snow Plow 1 _____ Snow Plow 2 _____ Snow Plow 3 _____
Basic 1 _____ Basic 2 _____ Basic 3 _____ Basic 4 _____ Basic 5 _____
Hockey 1 _____ Hockey 2 _____ Hockey 3 _____ Hockey 4 _____ Adults _____

Tuesdays: SEPTEMBER 14, 21, 28th October 5, 12 and 19th

1:00-1:30 pm Snow Plow 1, 2, and 3 _____ (Circle one)

Wednesdays: SEPTEMBER 15, 22, 29th OCTOBER 6, 13 and 20th

6:00-6:30 pm Snow Plow 1 _____ Snow Plow 2 _____ Snow Plow 3 _____
Basic 1 _____ Basic 2 _____ Basic 3 _____ Basic 4 _____ Basic 5 _____
Hockey 1 _____ Hockey 2 _____ Hockey 3 _____ Hockey 4 _____ Adults _____

6:00-7:00 pm **Hockey Academy (ONE HOUR—Prerequisite Hockey 4)** _____

6:30-7:00 pm **Practice**

Artistry Clinic (15 min or 30 min) _____ Power Clinic (15 min or 30 min) _____
Step-up Clinic (15 or 30 min) _____

7:10-7:50 pm Off-Ice Hockey Conditioning Class _____

Saturdays: SEPTEMBER 18, 25th OCTOBER 2, 9, 16 and 23rd

9:50-10:30 am **Advanced Off-Ice Conditioning Class** _____

10:40-11:40 am **Advanced Learn to Skate (One Hour)**

Basic 6 _____ Basic 7 _____ Basic 8 _____ Free 1 _____ Free 2 _____ Free 3 _____
Free 4 _____ Free 5 _____ Free 6 _____ ***INTRO TO PAIRS SKATING*** _____

11:50-12:20 pm Snow Plow 1 _____ Snow Plow 2 _____ Snow Plow 3 _____
Basic 1 _____ Basic 2 _____ Basic 3 _____ Basic 4 _____ Basic 5 _____
Hockey 1 _____ Hockey 2 _____ Hockey 3 _____ Hockey 4 _____ Adults _____

12:20-12:50 pm **Practice** Artistry Clinic (15 min or 30 min) _____ Power Clinic (15 min or 30 min) _____
Step Up Clinic _____ (15 or 30 min)

12:50-1:20 pm Snow Plow 1 _____ Snow Plow 2 _____ Snow Plow 3 _____
Basic 1 _____ Basic 2 _____ Basic 3 _____ Basic 4 _____ Basic 5 _____
Hockey 1 _____ Hockey 2 _____ Hockey 3 _____ Hockey 4 _____ Adults _____

NEXT SESSION BEGINS WEEK OF NOVEMBER 1, 2010
THERE ARE NO CLASSES WEEK OF OCT. 25th