



"Come Skate With Us"

Iceoplex Fall Skating School Schedule

September 3 - October 25, 2008

Wednesday Afternoon Classes

| | | |
|-----------------------|-------------|----------------|
| Tykes Play and Prep: | 2 - 4 years | 1:30 - 2:00 PM |
| Snowplow Sam 1, 2, 3: | 4 - 5 years | 2:05 - 2:35 PM |

Wednesday Evening Classes

| | | |
|-----------------------|--------------|----------------|
| Snowplow Sam 1, 2, 3: | 4 - 5 years | 5:30 - 6:00 PM |
| Basic 5, 6, | Pass Basic 4 | 5:30 - 6:00 PM |
| Basic 7, 8: | Pass Basic 6 | 5:30 - 6:00 PM |
| Freestyle: | Pass Basic 8 | 5:30 - 6:00 PM |

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|-----------------|-----------------|----------------|
| Basic 1: | 6 Years and up | 6:10 - 6:40 PM |
| Basic 2: | Pass Basic 1 | 6:10 - 6:40 PM |
| Basic 3: | Pass Basic 2 | 6:10 - 6:40 PM |
| Basic 4: | Pass Basic 3 | 6:10 - 6:40 PM |
| Adult and Teen: | 13 years and up | 6:10 - 6:40 PM |

Saturday Morning Classes

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|-----------------------|-------------|------------------|
| Tykes Play and Prep: | 2 - 4 years | 10:00 - 10:30 AM |
| Snowplow Sam 1, 2, 3: | 4 - 5 years | 10:00 - 10:30 AM |

| | | |
|-------------|----------------|------------------|
| Basic 1: | 6 Years and up | 10:35 - 11:05 AM |
| Basic 2: | Pass Basic 1 | 10:35 - 11:05 AM |
| Basic 3: | Pass Basic 2 | 10:35 - 11:05 AM |
| Basic 4: | Pass Basic 3 | 10:35 - 11:05 AM |
| Basic 5, 6: | Pass Basic 4 | 10:35 - 11:05 AM |
| Basic 7, 8: | Pass Basic 6 | 10:35 - 11:05 AM |

All classes are 30 minutes in length and are subject to a time change or class combination due to the size of enrollment.

Early Registration: Skaters who register by Saturday, August 23, pay \$130 plus 7.50 U.S. Basic Skills fee (if applicable). Beginning August 24, the registration fee will be \$140 plus the \$7.50 U.S. Basic Skills fee (if applicable).

Class Information:

Your Skating School Packet includes the following:

- Class Schedule
- Skating Guidelines
- Helmet Safety

Helmets are required in all classes. Make certain that the helmet fits properly. **Gloves** and long **pants** are also required.

USFS Insurance Fee: A fee of \$7.50 is charged once per year to provide the skater with the necessary insurance to skate in this program.

Private Lessons or semi-private lessons can be arranged with any Iceoplex staff member or you can ask one of the skating directors, Sam Gormley or Mary Lou Robinson for a recommendation.

Freestyle Sessions: These sessions are designed primarily for skaters taking private lessons in a free style, moves in the field, or ice dancing. Punch cards can be purchased for \$100.00 (20 half-hour or 10 hour sessions) at the reception desk. Or, you can pay a higher walk-on fee each session.

Tykes Play and Prep: An introductory class that gets your tyke (ages 2 and up) ready to learn all the skills needed to succeed in Snowplow Sam. This class promotes the instruction of skating skills while playing. Buckets, balls, bubbles and many other toys are used to create a fun and educational atmosphere for all new young skaters.

Snowplow Sam 1-3: Beginning levels for young skaters (ages 4-6) that instruct young children on the primary elements of skating. Skills taught include falling and getting up safely, skating forwards and backwards, snowplow stops and many other exciting skills. Levels are sequential, evaluation forms will be handed out the last week of class with level recommendations for the next series.

Basic 1-8: Introductory Levels for skaters (ages 7-12). The "Basic Eights" are sequential in order and instruct children on skills from skating forward, to spins, and hockey stops. This is a great opportunity for children interested in any discipline of skating to challenge and improve their basic skating skills.

Freestyle: Advanced classes for those who have successfully completed Basic 1-8. Jump technique, spins, footwork, and moves in the field are introduced in these levels. Private lessons are encouraged to help skaters advance once they reach the freestyle group.

Adult and Teens: Classes designed for skaters 13 and over. Follow along in the "Basic Eights" or Freestyle Program in a more comfortable environment. All levels are welcome!

Contact The Directors:
Figureskating@iceoplex.net