

## Class Information

Learn to Skate is a progressive program. If this is your first Learn to Skate class, you must enroll in:

Age of Skater	First Class
3-5 years	<b>Snowplow Sam 1 (S1)</b>
6-15	<b>Basic 1 (B1)</b>
16 & older	<b>Adult 1 (A1)</b>

## Basic Skills Levels

**Snowplow Sam – Levels S1-3:** Ages 3-5. A fun and safe environment designed to teach basic skills to preschool-age children who have never had instruction. Helps develop preliminary balance and coordination needed to maneuver on skates.

**Basic Eights – Levels B1-4:** Ages 6-15. These four levels of progressive curriculum introduce the fundamentals of forward and backward skating, stops, turns, and forward crossovers. Upon completion of Basic 4, skaters move to the Advanced Bridge Program to finish Basic 5-8 and go on to Free Skate Levels 1-6. The Bridge Program provides additional instruction that accelerates the learning process.

**Basics for Adults – Levels A1-4:** Age 16 & older. Designed to help teens 16 years and up to the most grown up adult feel more comfortable on the ice by teaching balance and alignment through proper skating techniques. Improves coordination and promotes physical fitness.

## Advanced Levels

**Advanced Bridge Program – Basic Eights Levels B5-8 and Free Skate Levels FS1-6:** Pre-requisite is Basic 4. This class is designed to help guide skaters in their transition into U.S. Figure Skating competitive training and private lessons. Most classes are taught by Oval Staff Professionals and include a 15 minute on-ice warm-up, a 30 minute on-ice group lesson and a 15 minute off-ice group class. Curriculum includes:

- Skating Skills & Introductory Moves in the Field
- Freestyle Session Etiquette
- Proper Warm-Up, Cool-Down & Stretching Techniques
- Strength & Conditioning
- Nutrition & Equipment
- U.S. Figure Skating - Testing, Competing, Club Membership

When skaters advance from the Bridge Program at Free Skate level 6, they have a strong foundation on which to build – showing good use of edges, with all basic skills mastered, all basic spin positions acquired, and all single jumps learned. In addition to their strong skating skills, our graduates also have a good understanding of figure skating testing, competing and much more. These skaters are now ready for that next step into private lessons!

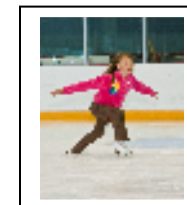
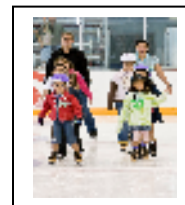
Learn ~ Believe ~ Practice ~ Achieve

## Practice Time

We offer a 15-minute practice ice time between most classes:

Tue and Thu 5:45 or 6:30 pm classes – Practice is 6:15-6:30 pm

Saturday 12:00 & 12:45 pm classes – Practice is 12:30-12:45 pm



## 2009 Summer/Fall Schedule

~~~ Last updated June 19, 2009 ~~~

| Class Day(s) & Time                                                                                            | Code  | *Fee (Classes) | Class Session Dates               | (Skip Days)                  |
|----------------------------------------------------------------------------------------------------------------|-------|----------------|-----------------------------------|------------------------------|
| <b>Basic Skills levels available: Snowplow Sam - S1, S2-3, Basic Eights - B1, B2, Basics for Adults - A1-2</b> |       |                |                                   |                              |
| <b>Tue/Thu</b> 5:45-6:15pm                                                                                     | 104A  | \$40.00 (6)    | Jun 23, 25, 30, Jul 2, 7, 9       |                              |
| <b>Tue/Thu</b> 5:45-6:15pm                                                                                     | 106A  | \$40.00 (6)    | Jul 14, 16, 21, 23, 28, 30        |                              |
| <b>Tue/Thu</b> 5:45-6:15pm                                                                                     | 107A  | \$40.00 (6)    | Aug 4, 6, 11, 13, 18, 20          |                              |
| <b>Tue/Thu</b> 5:45-6:15pm                                                                                     | 109A  | \$40.00 (6)    | Aug 25, 27, Sep 1, 3, 8, 10       |                              |
| <b>Tue/Thu</b> 5:45-6:15pm                                                                                     | 1010A | \$40.00 (6)    | Sep 15, 17, 22, 24, 29, Oct 6     | <b>(Oct 1)</b>               |
| <b>Sat</b> 12:00-12:30pm                                                                                       | 102D  | \$40.00 (6)    | May 9, 16, 30, Jun 6, 13, 27      | <b>(May 23 &amp; Jun 20)</b> |
| <b>Sat</b> 12:00-12:30pm                                                                                       | 105D  | \$40.00 (6)    | Jul 11, 18, 25, Aug 1, 8, 15      |                              |
| <b>Sat</b> 12:00-12:30pm                                                                                       | 108D  | \$40.00 (6)    | Aug 22, 29, Sep 5, 12, 26, Oct 10 | <b>(Sep 19 &amp; Oct 3)</b>  |

|                                                                                                           |       |             |                                   |                              |
|-----------------------------------------------------------------------------------------------------------|-------|-------------|-----------------------------------|------------------------------|
| <b>Basic Skills levels available: Basic Eights - B1-2 (ages 7 and up), B3-4, Basics for Adults - A3-4</b> |       |             |                                   |                              |
| <b>Tue/Thu</b> 6:30-7:00p                                                                                 | 104B  | \$40.00 (6) | Jun 23, 25, 30, Jul 2, 7, 9       |                              |
| <b>Tue/Thu</b> 6:30-7:00p                                                                                 | 106B  | \$40.00 (6) | Jul 14, 16, 21, 23, 28, 30        |                              |
| <b>Tue/Thu</b> 6:30-7:00p                                                                                 | 107B  | \$40.00 (6) | Aug 4, 6, 11, 13, 18, 20          |                              |
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| <b>Tue/Thu</b> 6:30-7:00p                                                                                 | 1010B | \$40.00 (6) | Sep 15, 17, 22, 24, 29, Oct 6     | <b>(Oct 1)</b>               |
| <b>Sat</b> 12:45-1:15p                                                                                    | 102E  | \$40.00 (6) | May 9, 16, 30, Jun 6, 13, 27      | <b>(May 23 &amp; Jun 20)</b> |
| <b>Sat</b> 12:45-1:15p                                                                                    | 105E  | \$40.00 (6) | Jul 11, 18, 25, Aug 1, 8, 15      |                              |
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|                                                                                       |       |             |                                   |                              |
|---------------------------------------------------------------------------------------|-------|-------------|-----------------------------------|------------------------------|
| <b>Advanced levels available: Basic Eights - B5-6, B7-8, Free Skate – F1-3, FS4-6</b> |       |             |                                   |                              |
| (Off-ice Tue/Thu 7:00-7:15pm & Sat 1:15-1:30)                                         |       |             |                                   |                              |
| <b>Tue/Thu</b> 6:30-7:15p                                                             | 104B  | \$40.00 (6) | Jun 23, 25, 30, Jul 2, 7, 9       |                              |
| <b>Tue/Thu</b> 6:30-7:15p                                                             | 106B  | \$40.00 (6) | Jul 14, 16, 21, 23, 28, 30        |                              |
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**More dates coming soon!**

**\*Class fees do not include the U.S. Figure Skating Basic Skills Registration fee paid per student annually. For more information please read the pricing section on the back of this form.**

**Coming soon... Synchronized Team, Pairs and Parent & Tot Classes!**