

## 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 help preschool-age children develop preliminary coordination and strength necessary to move on skates.

**Parent & Tot Class – Levels PT1-3:** A unique class where a parent and their 3-5 year old child learn to ice skate together. Levels and elements taught are comparable to Snowplow Sam 1-3 and Adult 1-2. Separate registration for both individuals is required.

**Basic Eights Part 1 – Levels B1-4:** Ages 6-15. These four levels of progressive curriculum introduce the fundamental moves of the sport - forward and backward skating, stops, turns, and forward crossovers. Upon completion of Basic 4, skaters move to the Bridge Program to finish Basic 5-8 and Free Skate Levels 1-6.

**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. Helps to improve coordination and promote physical fitness.

## Advanced Levels

**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!

## Practice Time

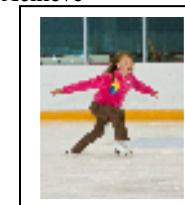
We offer a 15-minute practice ice time between most classes:

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

## 2010 Winter Schedule

Learn ~ Believe ~ Practice ~ Achieve



~~~ Last updated November 5, 2009 ~~~

| Class Day(s) & Time                                                                                                  | Code  | *Class Fee<br>(# of 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>NEW Parent &amp; Tot class: For a parent &amp; 3-5 year old together (separate registration required) - PT1-3</b> |       |                              |                               |                  |
| Tue/Thu 5:45-6:15p                                                                                                   | 1014A | \$40.00 (6)                  | Jan 5, 7, 12, 14, 19, 21      |                  |
| Tue/Thu 5:45-6:15p                                                                                                   | 1016A | \$40.00 (6)                  | Jan 26, 28, Feb 2, 9, 11, 16  | (Feb 4)          |
| Tue/Thu 5:45-6:15p                                                                                                   | 1017A | \$40.00 (6)                  | Feb 23, 25, Mar 2, 4, 9, 11   |                  |
| Tue/Thu 5:45-6:15p                                                                                                   | 1019A | \$40.00 (6)                  | Mar 16, 18, 23, 25, 30, Apr 6 | (Apr 1)          |
| Tue/Thu 5:45-6:15p                                                                                                   | 1020A | \$40.00 (6)                  | Apr 13, 15, 20, 22, 27, 29    |                  |
| Sat 12:00-12:30p                                                                                                     | 1015D | \$40.00 (6)                  | Jan 9, 16, 23, Feb 13, 20, 27 | (Jan 30 & Feb 6) |
| Sat 12:00-12:30p                                                                                                     | 1018D | \$40.00 (6)                  | Mar 6, 13, 20, 27, Apr 10, 17 | (Apr 3)          |

**More dates coming soon!**

**Basic Skills levels available: Basic Eights - B1-2 (ages 7 and up), B3-4, Basics for Adults - A3-4**

|                    |       |             |                               |                  |
|--------------------|-------|-------------|-------------------------------|------------------|
| Tue/Thu 6:30-7:00p | 1014B | \$40.00 (6) | Jan 5, 7, 12, 14, 19, 21      |                  |
| Tue/Thu 6:30-7:00p | 1016B | \$40.00 (6) | Jan 26, 28, Feb 2, 9, 11, 16  | (Feb 4)          |
| Tue/Thu 6:30-7:00p | 1017B | \$40.00 (6) | Feb 23, 25, Mar 2, 4, 9, 11   |                  |
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| Tue/Thu 6:30-7:00p | 1020B | \$40.00 (6) | Apr 13, 15, 20, 22, 27, 29    |                  |
| Sat 12:45-1:15p    | 1015E | \$40.00 (6) | Jan 9, 16, 23, Feb 13, 20, 27 | (Jan 30 & Feb 6) |
| Sat 12:45-1:15p    | 1018E | \$40.00 (6) | Mar 6, 13, 20, 27, Apr 10, 17 | (Apr 3)          |

**More dates coming soon!**

**Advanced levels available (Bridge Program): Basic Eights - B5-6, B7-8, Free Skate – F1-3, FS4-6**

(Off-ice Tue/Thu 7:00-7:15pm & Sat 1:15-1:30)

|                    |       |             |                               |                  |
|--------------------|-------|-------------|-------------------------------|------------------|
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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... Dance, Synchronized Skating, Pairs, Artistry in Motion, and Theatre on Ice classes!**