

# Ice Arena



**9320 Kenton Ave., Oak Lawn  
708/857-5173 icearena@olparks.com**

## Ice Arena Office Hours

**Monday 8:30 am – 6:00 pm**  
**Tuesday 2:30 pm – 6:00 pm**  
**Wednesday 8:30 am – 6:00 pm**  
**Thursday 8:30 am – 8:00 pm**  
**Friday 10:00 am – 9:00 pm**  
**Saturday 9:00 am – 1:00 pm**  
**Sunday 1:00 pm – 5:00 pm**

## Winter/Spring Calendar of Events

**Trick or Treat Family SCARE on Ice**  
 Sunday, Oct 30 • 3-4:15pm

**Family Fun Night  
at the Ice Arena**  
 Sunday, Nov 27 • 3-6 pm

**Holly Days Family Fun & Figure  
Skating Exhibition\***  
 Saturday, December 10

**Santa Visits on Ice**  
 Sundays, Dec 4, 11 & 18 • 3-4:15 pm

**Skate w/Santa Family Fun on Ice**  
 Sunday, December 18 3-4:15 pm

**New Year's Eve  
Kid's Countdown & Skate**  
 Saturday, Dec 31 • 11am – 1:30pm

**"Beat the Winter Blah's"  
Open Skate**  
 Sunday, Jan 22 • 3-4:15pm

**Valentine's Family Fun on Ice**  
 Sunday, Feb 12 • 3-4:15pm

**Marita Adams "Reach for the  
Stars" Competition**  
 Saturday, Feb 25

**Southside Irish  
Green & White Skate**  
 Sunday, March 11 • 3-4:15pm

**Skate with the Easter Bunny  
Family Fun on Ice**  
 Sunday, April 1 • 3-4:15pm

## Regular Open Skate Hours

Day	Time	Admission	Skate Rental
Mondays	1:15-2:45 pm	\$6.00	\$3.00
Wednesdays	1:15-2:45 pm	\$6.00	\$3.00
Fridays	8:00-9:15 pm	\$6.00	\$3.00
1st, 2nd & 3rd Fridays			
"Move and Groove"		\$8.00	\$3.00
Sundays	3-4:15 pm	\$6.00	\$3.00

There will be no Open Skate on Mon. March 12, 2012

\*Move and Groove DJ nights have different fees.

## Holiday Open Skate Hours

Day	Time	Admission	Skate Rental
Thursday 12/22	1:15-3:45pm	\$6.00	\$3.00
Friday 12/23	8:00-9:15pm	\$6.00	\$3.00
Closed Christmas Eve			
Closed Christmas Day			
Monday 12/26	1:15-3:45pm	\$6.00	\$3.00
Tuesday 12/27	1:15-3:45pm	\$6.00	\$3.00
Wednesday 12/28	1:15-3:45pm	\$6.00	\$3.00
Thursday 12/29	1:15-3:45pm	\$6.00	\$3.00
Friday 12/30	8:00-9:15pm	\$6.00	\$3.00
Saturday 12/31			
Kids Countdown	11am – 1:30pm	\$8.00	\$3.00
Sunday 1/1	3:00-5:45pm	\$6.00	\$3.00
Monday 1/2	1:15-3:45pm	\$6.00	\$3.00
Tuesday 1/3	1:15-3:45pm	\$6.00	\$3.00
Wednesday 1/4	1:15-3:45pm	\$6.00	\$3.00

## Family Value Sundays

Each family of 4 or more receives admission and skate rental for **\$7 per person**. Sundays only

Participants who are registered in a group skating class receive **FREE** admission to Open Skate sessions.

## \*\*"Move and Groove" DJ night Open Skates

You'll LOVE the Friday night scene at the Oak Lawn Ice Arena when you can skate and dance to your favorite requests from our awesome DJ service.

**Admission:** \$8.00

**Skate rental:** \$3.00

Day	Date	Time
Friday	11/11, 11/18, 11/25	8:00-9:15 pm
Friday	12/2, 12/9, 12/16	8:00-9:15 pm
Friday	1/6, 1/13, 1/20	8:00-9:15 pm
Friday	2/3, 2/10, 2/17	8:00-9:15 pm
Friday	3/2, 3/9, 3/16	8:00-9:15 pm
Friday	4/6, 4/13, 4/20	8:00-9:15 pm

## "Holly Days" Family Fun Event\*

**Saturday, December 10**

**\$6.00 admission \$3.00 Skate rental**

Join us at the Ice Arena from 12 noon – 1 pm for Family Open Skate and other activities. Santa will be visiting on and off the ice, and children can enjoy hearing stories from Mrs. Claus and make an ornament for our tree. Vendors will have holiday items for sale in the lobby, so everyone can do some shopping! Then stay as long as you would like to enjoy our "Holly Days on Ice" Christmas Exhibition which will end at approximately 5:30 pm. Watch our competitive and group skaters of all ages perform to their favorite songs of the season.

# Ice Arena

## Skate Rental

Check out our very comfortable Reidell figure skates to rent for open skate sessions and group lessons. The cost is \$3.00 per pair. Ask about our "Group Lesson Discount card."

## Ice Rentals

Ice rentals are available for hockey and figure skating parties. Full amount is due at the time of request.  
Fee: \$315 per hour.

## Adult Open Hockey Hours

Full equipment is required for this "pick-up" hockey scrimmage time. There will be no Open Hockey on Mon. March 12, 2012

Day	Time	Fee
Mondays	11am-1pm	\$10.00
Wednesdays	11am-1pm	\$10.00
Fridays	11:30am-1:30pm	\$10.00

Fee: \$90.00 for a 10-session punch card

## Birthday Parties, Holiday Parties, Special Events, Room Rentals

Let us plan your next big event on and/or off the ice. We have private party rooms and our event planner will do it all for you so you can enjoy your event. Ice skating parties are offered during any of our Open Skating times, or you may rent the ice for a private skating party (subject to availability). Private Party Rooms are available for meetings, bridal and baby showers, and non-skating parties.

We offer the following party services:

- Custom food packages
- Custom cakes
- Decorations
- Ice Skate Rental
- On-ice skating assistants
- Free room rental if food package is purchased

For more information contact our Event Planner, Lynn, at [lynnschell-hase@yahoo.com](mailto:lynnschell-hase@yahoo.com)

## Rink Partners

### Athletex Sports Specific Conditioning

Thomas Mulvey, M.S., P.T.M.B.A, and his staff uses a biomechanical/neuromuscular approach to training that targets the characteristics needed to improve athletic performance and discourage injury. He provides programs specific to figure skating, in addition to other sports.

### Rainbo Sports

Rainbo Sports, supplier of skates and skating supplies, visits the Oak Lawn Ice Arena on a regular basis. Dates and times are available by calling the Ice Arena at 708/857-5173. Please see the Skating Director for special order information or to schedule a fitting!

### Cool Kids Hockey Academy

Is your child interested in learning hockey? The Cool Kids Hockey Academy is your first step in hockey training! Super Skaters classes fit the needs of all children who want to play hockey and is first in a series of skill developing programs of which every player should complete before entering the St. Jude Knights Youth Hockey Association. For ages 4-13. Please visit [www.doctorhockey.com](http://www.doctorhockey.com) <<http://www.doctorhockey.com>> for registration and other information.

### Adult Hockey Boot Camp

This class offers both men and women the opportunity to learn everything from beginner to advanced individual hockey skills. Each seven week session will be designed around our weekly assessment of your individual skill level. The skills that are typically covered in each seven week session are forward and backward skating, stopping, crossovers, transitions, puck control, one on one, passing and scoring. Please visit [www.doctorhockey.com](http://www.doctorhockey.com) <<http://www.doctorhockey.com>> for registration and other information.

### St. Jude Knights Hockey Club



The St. Jude Knights Hockey Club, which skates out of both the Oak Lawn Ice Arena and Southwest Ice Arena, develops team to play at both the House (SSHL) and Travel (NIHL) levels of hockey. The St. Jude Knights Hockey Club is a not-

for-profit organization whose goal is to promote skill development and to teach fundamentals through dedication, hard work, self-discipline and good sportsmanship. For more information on the St. Jude Knights Hockey Club or on becoming a member, please call (708)371-3037 or visit their website at [www.stjudehockey.org](http://www.stjudehockey.org).

### South Suburban Adult Hockey League (SSAHL)



The South Suburban Adult Hockey League (SSAHL) plays out of both Oak Lawn and Southwest Ice Arenas. The SSAHL offers year-round league play with division of "A", "B", and "C No-Check"

levels. For more information on the SSAHL, contact league directors Rick Faron, (708) 371-1344 x 224, [rickfaron@sbcglobal.net](mailto:rickfaron@sbcglobal.net) or Jamie Pembroke (708)857-5173 x 2206, [jpembroke@olparks.com](mailto:jpembroke@olparks.com).



# Ice Arena Programs



ISI weSKATE™ Group Ice Skating Lessons  
"It ALL starts with skating!"

Levels: Tot 1, Tot 2, Tot 3 Tot 4, Pre-Alpha, Alpha and Adults.

The purpose of these classes is to create a positive, fun and healthy environment for your child to learn the basics of ice-skating. Each year millions take to the ice in search of fun and fitness whether it is for hockey or figure skating! The weSKATE™ program teaches elementary ice skating skills in a logical progression whereby a skater builds upon skills achieved in the preceding level. Once a skater demonstrates a mastery of specific maneuvers through the weSKATE™ testing, he or she can move up the levels. Each skater is different and progresses at his/her own pace. Some classes may need to be repeated to master all the skills. A pre-test will be given two weeks before the session ends, followed by a final test given on the last day of class. Parents will be notified when their child is ready to move up to the next level. Once Alpha has been completed, the skater then is eligible to participate in our Rising Stars Figure Skating. (mh)

Tots 1-4: Beginning skating for ages 3-5 years. Tots progress through all 4 levels.

Pre-Alpha: Basic skills and techniques for the beginner (ages 6 & up).

Alpha: Forward skating techniques and control with a basic stop.

Alpha 2: Same as above, but geared toward the skater not quite ready for Beta.

Adults: A combination of all levels, but at the individual skater's pace.

Special Recreation Learn to Skate: Get Fit/Have Fun!!! These 'Learn to Skate' Classes are for people with special needs. We have a specially designed program to help you achieve your goals and a fully trained Special Olympic coach overseeing the program. (mh)

## Winter 2011 Class Schedule

Thursdays: January 5 – March 15, 2012

Saturdays: January 7 – March 17, 2012

10-Week Session (No classes Thurs 2/23 and Sat 2/25)

Class #	Level	Day	Dates	Time	Fee
<b>"WeSkate" 30-Minute Classes</b>					
#3440	Tot 1	Thur	1/5-3/15	9:30-10am	\$119/\$125
#3441	Tot 2	Thur	1/5-3/15	9:30-10am	\$119/\$125
#3480	Tot 3	Thur	1/5-3/15	9:30-10am	\$119/\$125
#3438	Tot 4	Thur	1/5-3/15	9:30-10am	\$119/\$125
#3437	Pre-Alpha	Thur	1/5-3/15	9:30-10am	\$119/\$125
#3474	Adults	Thur	1/5-3/15	9:30-10am	\$119/\$125
Tot /Adult Practice		Thur		10-10:30am	(Free)
#3442	Tot 1	Thur	1/5-3/15	4:30-5pm	\$119/\$125
#6710	Tot 1	Thur	1/5-3/15	5:10-5:40pm	\$119/\$125
#3443	Tot 2	Thur	1/5-3/15	4:30-5pm	\$119/\$125
#3444	Tot 3	Thur	1/5-3/15	4:30-5pm	\$119/\$125
#3445	Tot 4	Thur	1/5-3/15	4:30-5pm	\$119/\$125
#8687	Spec. Rec	Thur	1/5-3/15	5-5:30pm	\$119/\$125
#3468	Tot 1	Sat	1/7-3/17	9:45-10:15am	\$119/\$125
#3469	Tot 2	Sat	1/7-3/17	9:45-10:15am	\$119/\$125
#3470	Tot 3	Sat	1/7-3/17	9:45-10:15am	\$119/\$125
#3471	Tot 4	Sat	1/7-3/17	9:45-10:15am	\$119/\$125
#3472	Pre-Alpha	Sat	1/7-3/17	9:45-10:15am	\$119/\$125

### 45-Minute Classes

3446	Pre-Alpha	Thur	1/5-3/15	4:30-5:15pm	\$129/\$135
3447	Alpha	Thur	1/5-3/15	4:30-5:15pm	\$129/\$135
3448	Alpha 2	Thur	1/5-3/15	4:30-5:15pm	\$129/\$135
3449	Pre-Alpha	Thur	1/5-3/15	5:15-6pm	\$129/\$135
3450	Alpha	Thur	1/5-3/15	5:15-6pm	\$129/\$135
3451	Alpha 2	Thur	1/5-3/15	5:15-6pm	\$129/\$135
3455	Adults	Thur	1/5-3/15	5:15-6pm	\$129/\$135
3462	Pre-Alpha	Sat	1/7-3/17	10:15-11am	\$129/\$135
3463	Alpha	Sat	1/7-3/17	10:15-11am	\$129/\$135
3464	Alpha 2	Sat	1/7-3/17	10:15-11am	\$129/\$135
3481	Adults	Sat	1/7-3/17	10:15-11am	\$129/\$135

## Spring 2012 Class Schedule

Thursdays: March 22 – May 24, 2012

Saturdays: March 24 – May 26, 2012

10-Week Session

Class #	Level	Day	Dates	Time	Fee
<b>"WeSkate" 30-Minute Classes</b>					
#3440	Tot 1	Thur	3/22-5/24	9:30-10am	\$119/\$125
#3441	Tot 2	Thur	3/22-5/24	9:30-10am	\$119/\$125
#3480	Tot 3	Thur	3/22-5/24	9:30-10am	\$119/\$125
#3438	Tot 4	Thur	3/22-5/24	9:30-10am	\$119/\$125
#3437	Pre-Alpha	Thur	3/22-5/24	9:30-10am	\$119/\$125
#3474	Adults	Thur	3/22-5/24	9:30-10am	\$119/\$125
Tot /Adult Practice		Thur		10-10:30am	(Free)
#3442	Tot 1	Thur	3/22-5/24	4:30-5pm	\$119/\$125
#6710	Tot 1	Thur	3/22-5/24	5:10-5:40pm	\$119/\$125
#3443	Tot 2	Thur	3/22-5/24	4:30-5pm	\$119/\$125
#3444	Tot 3	Thur	3/22-5/24	4:30-5pm	\$119/\$125
#3445	Tot 4	Thur	3/22-5/24	4:30-5pm	\$119/\$125
#8687	Spec. Rec	Thur	3/22-5/24	5-5:30pm	\$119/\$125
#3468	Tot 1	Sat	3/24-5/26	9:45-10:15am	\$119/\$125
#3469	Tot 2	Sat	3/24-5/26	9:45-10:15am	\$119/\$125
#3470	Tot 3	Sat	3/24-5/26	9:45-10:15am	\$119/\$125
#3471	Tot 4	Sat	3/24-5/26	9:45-10:15am	\$119/\$125
#3472	Pre-Alpha	Sat	3/24-5/26	9:45-10:15am	\$119/\$125

### 45-Minute Classes

3446	Pre-Alpha	Thur	3/22-5/24	4:30-5:15pm	\$129/\$135
3447	Alpha	Thur	3/22-5/24	4:30-5:15pm	\$129/\$135
3448	Alpha 2	Thur	3/22-5/24	4:30-5:15pm	\$129/\$135
3449	Pre-Alpha	Thur	3/22-5/24	5:15-6pm	\$129/\$135
3450	Alpha	Thur	3/22-5/24	5:15-6pm	\$129/\$135
3451	Alpha 2	Thur	3/22-5/24	5:15-6pm	\$129/\$135
3455	Adults	Thur	3/22-5/24	5:15-6pm	\$129/\$135
3462	Pre-Alpha	Sat	3/24-5/26	10:15-11am	\$129/\$135
3463	Alpha	Sat	3/24-5/26	10:15-11am	\$129/\$135
3464	Alpha 2	Sat	3/24-5/26	10:15-11am	\$129/\$135
3481	Adults	Sat	3/24-5/26	10:15-11am	\$129/\$135

Skaters may take more than one session to master a level.

Skate Rental is an additional \$3.00 per class or ask about our discount rental card!



**Participants who are registered in weSKATE group skating classes receive FREE admission to all Open Skate sessions, Move & Groove nights, and other special events.**



# Ice Arena Programs



## Rising Stars Figure Skating

Levels Beta, Gamma, Delta and Freestyles 1-10

The Rising Star Figure Skating Program will inspire in participants a sense of personal accomplishment and a passion for skating while challenging them to reach their full potential. We offer a complete recreational skating program, which follows the guideline of ISI for recreational skating and testing. The ISI concept ensures enjoyable and relaxed skating while providing a complete approach to mastering the skating skills. Our qualified & professional instructors teach classes for all ages. Skaters must master every skill before progressing to the next level. Each skater is different and progresses at his/her own pace. Some classes may need to be repeated to master all the skills. A pre-test will be given two weeks before the session ends, followed by a final test given on the last day of class. Parents will be notified when their child is ready to move up to the next level. Freestyle Classes will test on a separate date, to be determined. (mh) *Skaters may take more than one session to master a level.*

**Beta:** Backward skating, edge control along with advanced stopping.

**Gamma:** Basic style with advanced outside three turns, mohawks, and hockey stops.

**Delta:** Forward inside/outside edges, inside three turns and more aggressive skating techniques.

**Freestyle 1-10:** Basic to advanced jumps, spins and dance step sequences. A program containing the maneuvers of each level must be passed before moving up. Private lessons, in addition to classes are encouraged at this level.

### Winter 2011 Class Schedule

Thursdays: January 5 – March 15, 2012

Saturdays: January 7 – March 17, 2012

10-Week Session (No classes Thurs 2/23 and Sat 2/25)

Class #	Level	Day	Dates	Time	Res/NR
#3452	Beta	Thur	1/5-3/15	5:15-6pm	\$129/\$135
#3453	Gamma	Thur	1/5-3/15	5:15-6pm	\$129/\$135
#3454	Delta	Thur	1/5-3/15	5:15-6pm	\$129/\$135
#3465	Beta	Sat	1/7-3/17	10:15-11am	\$129/\$135
#3466	Gamma	Sat	1/7-3/17	10:15-11am	\$129/\$135
#3467	Delta	Sat	1/7-3/17	10:15-11am	\$129/\$135
#3476	Freestyle 1	Thur	1/5-3/15	4:15-5pm	\$129/\$135
#8673	Freestyle 2	Thur	1/5-3/15	4:15-5pm	\$129/\$135
#8675	Freestyle 3 & Up	Thur	1/5-3/15	4:15-5pm	\$129/\$135
#3457	Freestyle 1	Sat	1/7-3/17	10:15-11am	\$129/\$135
#3458	Freestyle 2	Sat	1/7-3/17	10:15-11am	\$129/\$135
#3459	Freestyle 3 & Up	Sat	1/7-3/17	10:15-11am	\$129/\$135

### Spring 2012 Class Schedule 10-Week Session

Thursdays: March 22 – May 24, 2012

Saturdays: March 24 – May 26, 2012

Class #	Level	Day	Dates	Time	Fee
#3452	Beta	Thur	3/22-5/24	5:15-6pm	\$129/\$135
#3453	Gamma	Thur	3/22-5/24	5:15-6pm	\$129/\$135
#3454	Delta	Thur	3/22-5/24	5:15-6pm	\$129/\$135
#3465	Beta	Sat	3/24-5/26	10:15-11am	\$129/\$135
#3466	Gamma	Sat	3/24-5/26	10:15-11am	\$129/\$135
#3467	Delta	Sat	3/24-5/26	10:15-11am	\$129/\$135
#3476	Freestyle 1	Thur	3/22-5/24	4:15-5pm	\$129/\$135
#8673	Freestyle 2	Thur	3/22-5/24	4:15-5pm	\$129/\$135
#8675	Freestyle 3 & Up	Thur	3/22-5/24	4:15-5pm	\$129/\$135
#3457	Freestyle 1	Sat	3/24-5/26	10:15-11am	\$129/\$135
#3458	Freestyle 2	Sat	3/24-5/26	10:15-11am	\$129/\$135
#3459	Freestyle 3 & Up	Sat	3/24-5/26	10:15-11am	\$129/\$135

## ISI Testing

• Skaters must master every skill before progressing to the next level. However, each skater is different and progresses at his/her own pace. Some classes may need to be repeated to master all the skills.

• A pre-test will be given 2 weeks before the session ends, followed by a final test given on the last day of class. Parents will be notified when their child is ready to move up to the next level.

• Freestyle Classes will test on a separate date, to be determined. There will be a \$15.00 test fee for Freestyle Tests. (mh)

## Private Lessons

Private lessons are available to skaters needing extra help mastering a skill, or those wanting to learn more rapidly. Private lessons also prepare the skater to perform in shows, exhibitions and/or compete. Private lessons are also recommended for Freestyle level skaters, in addition to classes. Skaters are responsible for Freestyle time and coaching fees, which vary. See Figure Skating Director for more details. (mh)

*The classes listed below are designed to develop edge quality, strength, flexibility, conditioning, and agility through skill enhancing drills. Please see the complete schedule at the ice arena for registration information.*

## Edge

The "Ice Class" was developed by 1976 Olympic Figure Skating Champion, John Curry. Edge Class includes learning the use of deep edges and turns. This class is done with a ballet movement. Skaters in class learn to move in precision with each other while doing edge moves--making it all look effortless. Skaters must have passed Freestyle 3.

## Power

Students will need both the desire to learn and the willingness to work hard in this class & must have passed Delta. Power class focuses on:

- Ability to generate maximum speed
- Improve endurance, power and stamina
- Upper and lower body strength
- Forward and backward skating technique
- Edge use and control of turns
- Generate better flow and effortless skating

## Off-Ice Jump Classes

This class focuses on jump techniques, core strength and conditioning for the advanced figure skater. Participants need to bring athletic shoes and a jump rope. Skaters must have passed freestyle 3.

## Ballet for Skaters (ages 3 & up)

This off-ice class is designed to help skaters build core strength (a stabilized center), whole body awareness, and an understanding 'line', timing and musicality. Dancers will learn artistic presentation, alignment and classical movement using barre and center combinations. Skaters will develop excellence in attention to and execution of artistic detail. They will enjoy the continued benefits that dance offers, such as greater flexibility, improved coordination, increased strength, and a higher self-esteem.

*Skate Rental is an additional \$3.00 per class or ask about our discount rental card!*

*Participants who are registered in weSKATE group skating classes receive FREE admission to all Open Skate sessions, Move & Groove nights, and other special events.*

