

United States Figure Skating "Learn to Skate" It ALL starts with skating!

Location: Ice Arena

The purpose of our classes is to create a positive, fun and healthy environment for skaters of all ages and abilities. We strive to inspire in participants a sense of personal accomplishment along with a life-long passion for skating, while challenging each student to reach their full potential. From three year olds to adults, our lessons provide you with the foundation for Figure Skating classes, Hockey or Recreational skating. Lessons are presented in a logical progression whereby a skater builds upon skills achieved in the preceding level. After showing proficiency of the skills in one level, a student may proceed to the next. Although taught in a group atmosphere, each skater is different and progresses at his/her own pace. Therefore, some classes may need to be repeated to master all skills. Our curriculum works in conjunction with both the United States Figure Skating (USFS) Basic Skills Program and the International Skating Institute (ISI) "WeSkate" program. (wo)

BEGINNER SKATING LESSONS

Registration will be accepted on the first day of class, only if there are no participants on the wait list. We encourage you to register on-line when registration opens. 10 week session: **No class 11/06 or 11/25.**

**Snow Plow 1 Skating Lessons** (Age: 3-5)

Snow Plow 1 is for the participant who has little or no experience on the ice. These classes aim to teach the fundamentals of skating such as balance and coordination. The children will be engaged in activities in an effort to make them comfortable and reinforce the required maneuvers.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211001-H2	Th	9/09-9/30	5:00-5:30P	\$56/\$60
211001-H3	Th	9/09-9/30	6:00-6:30P	\$56/\$60
211001-S1	Sa	9/11-10/02	9:45-10:15A	\$56/\$60
211001-S2	Sa	9/11-10/02	10:45-11:15A	\$56/\$60
<b>10 Week Fall</b>				
211101-H2	Th	10/07-12/16	5:00-5:30P	\$140/\$150
211101-H3	Th	10/07-12/16	6:00-6:30P	\$140/\$150
211101-S1	Sa	10/09-12/18	9:45-10:15A	\$140/\$150
211101-S2	Sa	10/09-12/18	10:45-11:15A	\$140/\$150

**Snow Plow 2 Skating Lessons** (Age: 3-5)

Pre-requisite: Snow Plow 1. Progression of classes for skaters ages 3-5. Continuing to work on fundamentals of skating.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211002-H2	Th	9/09-9/30	5:00-5:30P	\$56/\$60
211002-H3	Th	9/09-9/30	6:00-6:30P	\$56/\$60
211002-S1	Sa	9/11-10/02	9:45-10:15A	\$56/\$60
211002-S2	Sa	9/11-10/02	9:45-10:15A	\$56/\$60
<b>10 Week Fall</b>				
211102-H2	Th	10/07-12/16	5:00-5:30P	\$140/\$150
211102-H3	Th	10/07-12/16	6:00-6:30P	\$140/\$150
211102-S1	Sa	10/09-12/18	9:45-10:15A	\$140/\$150
211102-S2	Sa	10/09-12/18	10:45-11:15A	\$140/\$150

**Snow Plow 3 Skating Lessons** (Age: 3-5)

Pre-requisite: Snow Plow 2. Progression of classes for skaters ages 3-5. Continuing to work on fundamentals of skating.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211003-H2	Th	9/09-9/30	5:30-6:00P	\$56/\$60
211003-S1	Sa	9/11-10/02	10:15-10:45A	\$56/\$60
<b>10 Week Fall</b>				
211103-H2	Th	10/07-12/16	5:30-6:00P	\$140/\$150
211103-S1	Sa	10/09-12/18	10:15-10:45A	\$140/\$150

**Snow Plow 4 Skating Lessons** (Age: 3-5)

Pre-requisite: Snow Plow 3. Progression of classes for skaters ages 3-5. Continuing to work on fundamentals of skating.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211004-H2	Th	9/09-9/30	5:30-6:00P	\$56/\$60
211004-S1	Sa	9/11-10/02	10:15-10:45A	\$56/\$60
<b>10 Week Fall</b>				
211104-H2	Th	10/07-12/16	5:30-6:00P	\$140/\$150
211104-S1	Sa	10/09-12/18	10:15-10:45A	\$140/\$150

Participants registered in group skating classes receive FREE admission to all Open Skate sessions and other special events.

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

Skate Rental is an additional \$4.00 per class or ask about our discount rental card!

**Star 1 Skating Lessons** (Beginner, Age: 6 & up)

Beginning basic skating skills for age 6 and up. The focus is on marching, stopping and 2-foot glides.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211005-H2	Th	9/09-9/30	5:00-5:30P	\$56/\$60
211005-H3	Th	9/09-9/30	6:00-6:30P	\$56/\$60
211005-S1	Sa	9/11-10/02	9:45-10:15A	\$56/\$60
211005-S2	Sa	9/11-10/02	10:45-11:15A	\$56/\$60
<b>10 Week Fall</b>				
211105-H2	Th	10/07-12/16	5:00-5:30P	\$140/\$150
211105-H3	Th	10/07-12/16	6:00-6:30P	\$140/\$150
211105-S1	Sa	10/09-12/18	9:45-10:15A	\$140/\$150
211105-S2	Sa	10/09-12/18	10:45-11:15A	\$140/\$150

**Star 2 Skating Lessons** (Age: 6 & up)

Prerequisite: Star 1. The focus is on swizzles and 1-foot pushing.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211006-H2	Th	9/09-9/30	5:00-5:30P	\$56/\$60
211006-H3	Th	9/09-9/30	6:00-6:30P	\$56/\$60
211006-S1	Sa	9/11-10/02	9:45-10:15A	\$56/\$60
211006-S2	Sa	9/11-10/02	10:45-11:15A	\$56/\$60
<b>10 Week Fall</b>				
211106-H2	Th	10/07-12/16	5:00-5:30P	\$140/\$150
211106-H3	Th	10/07-12/16	6:00-6:30P	\$140/\$150
211106-S1	Sa	10/09-12/18	9:45-10:30A	\$140/\$150
211106-S2	Sa	10/09-12/18	10:45-11:15A	\$140/\$150

**Star 3 Skating Lessons** (Age: 6 & up)

Prerequisite: Star 2. The focus is on stroking and beginning backward skating.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211007-H3	Th	9/09-9/30	5:30-6:00P	\$56/\$60
211007-S2	Sa	9/11-10/02	10:15-10:45A	\$56/\$60
<b>10 Week Fall</b>				
211107-H3	Th	10/07-12/16	5:30-6:00P	\$140/\$150
211107-S2	Sa	10/09-12/18	10:15-10:45A	\$140/\$150

**Star 4 Skating Lessons** (Age: 6-12)

Prerequisite: Star 3. The focus is on forward crossovers and beginning turns and stops.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211008-H3	Th	9/09-9/30	5:30-6:00P	\$56/\$60
211008-S2	Sa	9/11-10/02	10:15-10:45A	\$56/\$60
<b>10 Week Fall</b>				
211108-H3	Th	10/07-12/16	5:30-6:00P	\$140/\$150
211108-S2	Sa	10/09-12/18	10:15-10:45A	\$140/\$150

**Adult/Teen Skating Lessons** (Age: 13 & up)

Beginning to Intermediate instruction including forward skating, balance and control, and basic stops. Progressing to backwards skating and more difficult techniques. Individuals progress at their own pace.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211016-H3	Th	9/09-9/30	5:45-6:30P	\$62/\$66
211016-S2	Sa	9/11-10/02	10:30-11:15A	\$62/\$66
<b>10 Week Fall</b>				
211116-H3	Th	10/07-12/16	5:45-6:30P	\$155/\$165
211116-S2	Sa	10/09-12/18	10:30-11:15A	\$155/\$165

## Rising Stars Figure Skating

(Classes for the more Advanced Skaters)

Location: Ice Arena

The Rising Stars 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 that ensures enjoyable and relaxed skating while providing a complete approach to mastering the skills of skating. Our qualified & professional instructors have experience in teaching classes for all ages. Skaters must master every skill before progressing to the next level. Each skater is different and will progress at their own pace, so some skater may need to repeat classes to master all the skills. (wo)

### RISING STARS FIGURE SKATING LESSONS

#### Star 5 Skating Lessons

Prerequisite: Star 4: The focus is on backward crossovers and skating.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211009-H3	Th	9/09-9/30	5:45-6:30P	\$62/\$66
211009-S2	Sa	9/11-10/02	10:30-11:15A	\$62/\$66
<b>10 Week Fall</b>				
211109-H3	Th	10/07-12/16	5:45-6:30P	\$155/\$165
211109-S2	Sa	10/09-12/18	10:30-11:15A	\$155/\$165

#### Star 6 Skating Lessons

Prerequisite: Star 5: The focus is on turns and gliding moves.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211010-H3	Th	9/09-9/30	5:45-6:30P	\$62/\$66
211010-S2	Sa	9/11-10/02	10:30-11:15A	\$62/\$66
<b>10 Week Fall</b>				
211110-H3	Th	10/07-12/16	5:45-6:30P	\$155/\$165
211110-S2	Sa	10/09-12/18	10:30-11:15A	\$155/\$165

#### Pre-Free Skate

Prerequisite: Star 6. Focus is on Mohawks and linking footwork together.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211011-H2	Th	9/09-9/30	5:00-5:45P	\$62/\$66
211011-S1	Sa	9/11-10/02	9:45-10:30A	\$62/\$66
<b>10 Week Fall</b>				
211111-H2	Th	10/07-12/16	5:00-5:45P	\$155/\$165
211111-S1	Sa	10/09-12/18	9:45-10:30A	\$155/\$165

#### Free Skate 1

Prerequisite: Pre-Free Skate. Focus is on edges, basic spinning and beginning jumps.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211012-H2	Th	9/09-9/30	5:00-5:45P	\$62/\$66
211012-S1	Sa	9/11-10/02	9:45-10:30A	\$62/\$66
<b>10 Week Fall</b>				
211112-H2	Th	10/07-12/16	5:00-5:45P	\$155/\$165
211112-S1	Sa	10/09-12/18	9:45-10:30A	\$155/\$165

#### Free Skate 2

Prerequisite: Free Skate 1. Focus in on spirals and backward edges.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211013-H2	Th	9/09-9/30	5:00-5:45P	\$62/\$66
211013-S1	Sa	9/11-10/02	9:45-10:30A	\$62/\$66
<b>10 Week Fall</b>				
211113-H2	Th	10/07-12/16	5:00-5:45P	\$155/\$165
211113-S1	Sa	10/09-12/18	9:45-10:30A	\$155/\$165

#### Free Skate 3

Prerequisite: Free Skate 2. Focus on half jumps, single rotation jumps, advanced footwork and edges, then on to basic spiral and dance step sequences.

Code	Days	Date	Time	Res/NR
<b>4 Week Mini</b>				
211014-H2	Th	9/09-9/30	5:00-5:45P	\$62/\$66
211014-S1	Sa	9/11-10/02	9:45-10:30A	\$62/\$66
<b>10 Week Fall</b>				
211114-H2	Th	10/07-12/16	5:00-5:45P	\$155/\$165
211114-S1	Sa	10/09-12/18	9:45-10:30A	\$155/\$165

Registration will be accepted on the first day of class, only if there are no participants on the wait list. We encourage you to register on-line when registration opens. 10 week session: **No class 11/06 or 11/25.**

#### Kids Countdown Skate Camp (Age: 5-13)

Get ready for a fun time, on and off of the ice at this camp! Daily activities include skating lessons, group routine practice, and organized fun & games. Skaters will learn a group routine that they will perform at the beginning of Open Skate on Thursday, 12/31. Open to ages 6 and older; Beginner level and above.

Code	Days	Date	Time	Res/NR
211200-01	M-Th	12/27-12/30	9:00A-3:00P	\$119/\$119

#### BOGO IS HERE AT THE OAK LAWN ICE ARENA

We are offering a 2nd class at half off the original price. Skating more than once a week increases the skater's success level in learning new skills. The more you skate, the better you skate! Purchase both a Thursday & Saturday class FOR THE SAME PARTICIPANT and the 2nd class is HALF OFF of the original price! Classes must be held during the same session and used for the same participant.

Parents of registered skaters in our Learn-to-Skate program receive 50% off of new registration in the Adult Learn-to-Skate class.

Everyone registered in our classes receives FREE ADMISSION to our Public Skating Session. Now, you can join in on the fun together!

#### 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 at test time if their child is ready to move up to the next level.

#### Skates-Which ones should they wear?

Proper equipment is the first step towards a positive skating experience. All beginner skaters should wear leather starter skates a.k.a. Figure Skates with a single blade made of steel not aluminum, which are much easier to learn in. Plastic, adjustable, and/or Velcro tightening skates are not recommended at any level. Please contact our Rink Partner, Rainbo Sports, at 1-224-235-4764, before you purchase skates for your child.

**Why Figure Skates For Beginners?** The advantage of learning in a pair of Figure Skates is that the blade is flat allowing greater stability while learning. The toe pick allows the skater to catch themselves should they begin to fall forward. When buying a pair of ice skates, it is important to look for leather, not vinyl, skates that tie. Leather helps support the ankles, vinyl does not. Plastic, adjustable skates are never recommended.

**Why not Hockey Skates for Beginners?** Hockey skates for beginners are difficult to learn in. If you will notice, a hockey blade is "rocked" like a rocking chair. If the skater does not have complete balance they will rock forward & backward and will fall down frequently, which is frustrating for a beginner. Once the skater has attained the basic skating skills, a transfer to Hockey Skates takes only a few times on the ice to adjust. Your skater will be leaps and bounds ahead of the game if you place them in Figure Skates when they are just starting out.

**Why not Double Runner Blades?** The skating skills that are being taught in class are more difficult to learn if your child is wearing double runner blades. Double runner blades are not allowed for skating classes. Please refer to the section on Figure Skates above.

Participants registered in group skating classes receive FREE admission to all Open Skate sessions and other special events.

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

Skate Rental is an additional \$4.00 per class or ask about our discount rental card!