

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. 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 Ice Skating Institute (ISI) "WeSkate" program. (MH)

BEGINNER SKATING LESSONS

**Snow Plow 1 Skating Lessons** (Age: 3-6)

Snow Plow 1 is for the participant age 3-5 who has little or no experience on the ice. These classes teach the fundamentals of skating such as balance and coordination. The children will play with toys on the ice in an effort to reinforce the required maneuvers. (MH)

Code	Days	Date	Time	Res/NR
311001-H2	Th	1/03-3/07	5:00-5:30P	\$124/\$134
311001-H3	Th	1/03-3/07	5:45-6:15P	\$124/\$134
311001-S1	*Sa	1/05-3/09	9:45-10:15A	\$112/\$121

**Snow Plow 2 Skating Lessons** (Age: 3-6)

Pre-requisite: Snow Plow 1. Progression of classes for skaters ages 3-6. Continuing to work on fundamentals of skating. (MH)

Code	Days	Date	Time	Res/NR
311002-H2	Th	1/03-3/07	5:00-5:30P	\$124/\$134
311002-S1	*Sa	1/05-3/09	9:45-10:15A	\$112/\$121

**Snow Plow 3 Skating Lessons** (Age: 3-6)

Pre-requisite: Snow Plow 2. Progression of classes for skaters ages 3-6. Continuing to work on fundamentals of skating. (MH)

Code	Days	Date	Time	Res/NR
311003-H2	Th	1/03-3/07	5:00-5:30P	\$124/\$134
311003-S1	*Sa	1/05-3/09	9:45-10:15A	\$112/\$121

**Snow Plow 4 Skating Lessons** (Age: 3-6)

Pre-requisite: Snow Plow 3. Progression of classes for skaters ages 3-6. Continuing to work on fundamentals of skating. (MH)

Code	Days	Date	Time	Res/NR
311004-H2	Th	1/03-3/07	5:00-5:30P	\$124/\$134
311004-S1	*Sa	1/05-3/09	9:45-10:15A	\$112/\$121

**Adult/Teen Skating Lessons** (Age: 14 & up)

Beginning to Intermediate instruction for ages 14 + including forward skating, balance and control, and basic stops. Progressing to backwards skating and more difficult techniques. Individuals progress at their own pace. (MH)

Code	Days	Date	Time	Res/NR
311015-H3	Th	1/03-3/07	5:45-6:30P	\$139/\$149
311015-S2	*Sa	1/05-3/09	10:30-11:15A	\$125/\$134

**\*There are no classes scheduled for Saturday, January 19, 2019. Come out to watch the Synchro Illinois Competition! Thursday classes are a 10-week session; Saturday classes are a 9-week session!**

**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. Off of the ice, skaters will help in the design of their costumes and will create decorations for our Kids' Countdown event. All parents and siblings are encouraged to attend the Kids' Countdown Event on Monday 12/31 and see their skater perform to end a "really cool" camp. (Additional fees for those attending this event do apply). Open to Beginner level and above. (MH) Early registration, \$10 discount if registered by 12/17/18; must be registered by 12/21/2018.

Code	Days	Date	Time	Res/NR
211100-01	W-F, M	12/26-12/31	9:00A-3:00P	\$99/\$99

**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. (MH)

Code	Days	Date	Time	Res/NR
311005-H2	Th	1/03-3/07	5:00-5:45P	\$139/\$149
311005-H3	Th	1/03-3/07	5:45-6:30P	\$139/\$149
311005-S1	*Sa	1/05-3/09	9:45-10:30A	\$125/\$134
311005-S2	*Sa	1/05-3/09	10:30-11:15A	\$125/\$134

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

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

Code	Days	Date	Time	Res/NR
311006-H2	Th	1/03-3/07	5:00-5:45P	\$139/\$149
311006-H3	Th	1/03-3/07	5:45-6:30P	\$139/\$149
311006-S1	*Sa	1/05-3/09	9:45-10:30A	\$125/\$134
311006-S2	*Sa	1/05-3/09	10:30-11:15A	\$125/\$134

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

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

Code	Days	Date	Time	Res/NR
311007-H2	Th	1/03-3/07	5:00-5:45P	\$139/\$149
311007-H3	Th	1/03-3/07	5:45-6:30P	\$139/\$149
311007-S2	*Sa	1/05-3/09	10:30-11:15A	\$125/\$134

**Star 4 Skating Lessons** (Age: 6 & up)

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

Code	Days	Date	Time	Res/NR
311008-H2	Th	1/03-3/07	5:00-5:45P	\$139/\$149
311008-H3	Th	1/03-3/07	5:45-6:30P	\$139/\$149
311008-S2	*Sa	1/05-3/09	10:30-11:15A	\$125/\$134

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

Proper equipment is the first step towards a positive skating experience. For beginners ages 3-5 leather starter skates/Figure Skates with a single blade made of steel not aluminum are much easier to learn in.

**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's important to look for leather not vinyl. Leather helps support the ankles, vinyl does not.

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

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!

## 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 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 will progress at their own pace. Some classes may need to be repeated to master all the skills. (MH)

### RISING STARS FIGURE SKATING LESSONS

#### Star 5 Skating Lessons (Age: 6 & up)

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

Code	Days	Date	Time	Res/NR
311009-H3	Th	1/03-3/07	5:45-6:30P	\$139/\$149
311009-S2	Sa	1/05-3/09	10:30-11:15A	\$125/\$134

#### Star 6 Skating Lessons (Age: 6 & up)

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

Code	Days	Date	Time	Res/NR
311010-H3	Th	1/03-3/07	5:45-6:30P	\$139/\$149
311010-S2	Sa	1/05-3/09	10:30-11:15A	\$125/\$134

#### Pre-Free Skate (Age: 6 & up)

Prerequisite: Star 6. The focus is on Mohawks and linking footwork together. (MH)

Code	Days	Date	Time	Res/NR
311011-H2	Th	1/03-3/07	5:00-5:45P	\$139/\$149
311011-S1	Sa	1/05-3/09	9:45-10:30A	\$125/\$134

#### Free Skate 1 (Age: 6 & up)

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

Code	Days	Date	Time	Res/NR
311012-H2	Th	1/03-3/07	5:00-5:45P	\$139/\$149
311012-S1	Sa	1/05-3/09	9:45-10:30A	\$125/\$134

#### Free Skate 2 (Age: 6 & up)

Prerequisite: Free Skate 1. Focus is on spirals and backward edges. (MH)

Code	Days	Date	Time	Res/NR
311013-H2	Th	1/03-3/07	5:00-5:45P	\$139/\$149
311013-S1	Sa	1/05-3/09	9:45-10:30A	\$125/\$134

#### Free Skate 3 (Age: 6 & up)

Prerequisite: Free Skate 2. Focus on half jumps, single rotation jumps, advanced footwork and edges, then on to basic spiral and dance step sequences. **4 weeks.** (MH)

Code	Days	Date	Time	Res/NR
311014-H2	Th	1/03-3/07	5:00-5:45P	\$139/\$149
311014-S1	Sa	1/05-3/09	9:45-10:30A	\$125/\$134

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#### 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 two 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.

#### 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 competitions. Private lessons are also available to all ages and abilities; and are especially recommended for Free Skate level skaters, in addition to classes. Skaters are responsible for Freestyle time and coaching fees, which vary. (MH)

#### Specialty Figure Skating Classes

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

#### Off-Ice Jump Class

Prerequisite: Completion of Delta level and level placement is determined by the instructor.

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. (MH)

#### Strength & Conditioning

Prerequisite: Completion of Delta level and level placement is determined by the instructor.

This 60 minute off-ice class will incorporate cardio-conditioning, muscle strength and endurance exercises, along with core strengthening exercises. The class will help reduce over-use injuries and muscle imbalances that can occur with training. The Strength & Conditioning classes are sports-specific classes designed to challenge all ability levels in a safe and fun setting. (MH)



#### DID YOU KNOW? BOGO IS HERE AT THE OAK LAWN ICE ARENA

- We are now offering a second class at half off the original price. Skating more than once a week increases a skater's success level in learning new skills. The more you skate, the better you skate! Purchase both a Thursday and Saturday class FOR THE SAME PARTICIPANT\* and the second 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, too!