



2011/2012 Skating Lesson Information
Reservations will be taken starting November 1, 2011.
Please call 541-693-9124.

Tots- Intro to Skating - Ages: 3-5

Designed to teach children how to fall down and get up properly on and off the ice, marching in place and moving, gliding, dipping, forward swizzles, hopping, slaloms, backward wiggles, rocking horse, snowplow stops, one foot glide.

January 4 – February 4

T 5:00-5:30 pm (#100)
W 4:00 - 4:30 pm (#101)
W 4:35-5:05 pm (#102)
Th 4:30-5:00 pm (#103)
Th 5:05-5:35 pm (#104)
Sat 9:00-9:30 am (#105)
Sat 9:35-10:05 (#106)

February 8 - March 14:

T 5:00-5:30 pm (#200)
W 4:00 - 4:30 pm (#201)
W 4:35-5:05 pm (#202)
Th 4:30-5:00 pm (#203)
Th 5:05-5:35 pm (#204)
Sat 9:00-9:30 am (#205)
Sat 9:35-10:05* (#206)

*No classes Feb 18 for Winterfest, extra class March 14

Skate Starter- Intro to Skating - Ages: 6-12

Designed to teach marching, double foot swizzles, snowplow stops, foot hops and glides, dips, backward wiggles, rocking horse move, pivots, slaloms, and one foot glide, and backward two foot swizzle.

January 4 – February 4

W 4:00 - 4:30 pm (#107)
W 5:10-5:40 pm (#108)
Th 4:30-5:00 pm (#109)
Th 5:40-6:10 pm (#1010)
Sat 9:35-10:05 am (#1011)

February 8 - March 14:

W 4:00 - 4:30 pm (#207)
W 5:10-5:40 pm (#208)
Th 4:30-5:00 pm (#209)
Th 5:40-6:10 pm (#2010)
Sat 9:35-10:05 am* (#2011)

*No classes Feb 18 for Winterfest, extra class March 14

Fees for all Classes are \$60 for 5 week session or \$16 drop in rate per class. Minimum 3 skaters to start class and maximum of 12.

Basic Skate 1- (prerequisite intro to skate moves) - Ages: 6-12

Designed to teach long single foot glides, double foot turns, single foot swizzles, moving snowplow stops, stroking, backward swizzles, forward to backward two foot turns, 2 foot spin, power slaloms, bunny hop from stand still, and forward edges.

January 4 – February 4

W 4:35-5:05 pm (#111)
W 5:10- 5:40 pm (#112)
Th 5:05-5:35 pm (#113)
Th 6:15-6:45 pm (#114)
Sat 9:00-9:30 am (#115)

February 8 - March 14:

W 4:35-5:05 pm (#211)
Th 5:05-5:35 pm (#212)
Sat 9:00-9:30 am* (#213)

*No classes Feb 18 for Winterfest, extra class March 14

Basic Skate 2- (prerequisite basic skate 1 moves) - Ages: 6-12

Designed to teach correct stroking with correct use of blades, forward inside and outside edges, half swizzle pumps on a circle inside and outside edges/chassé, forward crossovers, backward single foot glides, outside 3 turns in place and moving, backward inside and outside edges, 1 foot spin, lunges, moving bunny hop, and hockey stops.

January 4 – February 4

W 5:45-6:15 pm (#121)
Th 5:40-6:10pm (#122)
Sat 10:10-10:40 am (#123)

February 8 - March 14

W 5:45-6:15 pm (#221)
Th 5:40-6-10 pm (#222)
Th 6:15-6:45 pm (#223)
Sat 10:10-10:40 am* (#224)

*No classes Feb 18 for Winterfest, extra class March 14

Basic Skate 3- (prerequisite basic skate 2 moves) - Ages: 6-12

Designed to continue teaching proper stroking, crossovers, long inside and outside edges clockwise and counter clockwise, back wards half swizzle pumps/chassé, backward stroking, inside open mohawks, forward cross rolls, spirals, lunges, scratch spin, waltz jump, t-stops, and shoot the duck.

January 4 – February 4

Th 6:15-6:45 pm (#131)
Sat 10:10- 10:40 (#132)

February 8 - March 14:

W 5:10-5:40 pm (#231)
Th 6:15-6:45 pm (#232)
Sat 10:10- 10:40*

*No classes Feb 18 for Winterfest, extra class March 14

Fees for all Classes are \$60 for 5 week session or \$16 drop in rate per class. Minimum 3 skaters to start class and maximum of 12.

Basic Skate 4 – Advanced Group Skating Ages (prerequisite basic skate 3 moves) – 10 and older

Designed to continue teaching proper stroking, crossovers, long inside and outside edges clockwise and counter clockwise, backward inside and outside edges, backwards half swizzle pumps/chassé, backward stroking, inside open mohawks, forward cross rolls, spirals, lunges, alternate position one foot spin, waltz jump, t-stops, and shoot the duck.

January 4 – February 4
W 6:20-6:50 pm (#141)

February 8 - March 12
W 6:20-6:50 pm (#241)

Intro to Adult Skating - Ages: 16 and over

This class is designed to be a therapeutic and calm exercise class that is both on and off ice. It will teach stretching techniques off ice and then move onto the ice. This is a perfect class for anyone looking to learn to skate in a relaxing atmosphere while practicing techniques that increase strength, stamina, and flexibility while enjoying on ice movement outdoors in nature.

January 4 – February 4
Th 5:45-6:15 pm (#151)

February 8 - March 12
Th 5:45-6:15 pm (#251)

Calming Skate - On and off ice calming skate lesson - Ages: 21 and over

This class is designed to be a therapeutic and calm exercise class that is both on and off ice. It will teach stretching techniques off ice and then move onto the ice. This is a perfect class for anyone looking to learn to skate in a relaxing atmosphere while practicing techniques that increase strength, stamina, and flexibility while enjoying on ice movement outdoors in nature.

January 4 – February 4
Tues 2:25 (#152)

February 8 - March 11
Tues 2:15 (#251)

**Call for availability of private lessons for all ages & levels.
541-693-9124.**

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