

Ice Skating Class Descriptions

US FIGURE SKATING BASIC SKILLS PROGRAM

Snowplow Sam 1

Beginner class for ages 3 –5
Standing, proper way to fall & get up , marching in place, marching forward, two-foot glide, dip

Snowplow Sam 2

March into a two-foot glide, dip, backward wiggles, forward swizzles, two-foot hop

Snowplow Sam 3

Forward skating, forward one-foot glides, forward swizzles, backward swizzles, snowplow stop, forward slaloms

Once all three Snowplow Sam classes are complete the skater will go to the appropriate Basic level.

Adult 1 & 2

Beginner class for adults 18 and up
Fall and recovery, forward strides, forward and backward swizzles, turns, stops, and more.

Adult 3 & 4

Backward crossovers, edges, Mohawks, three-turns, spins, and more.

Basic 1

Beginner class for ages 6 and up
March forward, 2-foot glide, dip, forward swizzles, wiggles, snowplow stop, rocking horse, 2-foot hop

Basic 2

Forward one-foot glide, backward two-foot glide, backward swizzles, 2-foot turn, moving snowplow stop, forward alternating 1/2 swizzles

Basic 3

Forward stroking, pumps on the circle, moving 2-foot turns, b. one-foot glides, slalom, 2-foot spin

Basic 4

Forward crossovers, edges on circle, outside 3-turns, backward stroking, backward snowplow stop

Basic 5

Backward edges on circle, backward crossovers, beginning one-foot spin, hockey stop, side toe hop

Basic 6

Forward inside three-turns, backward to forward two-foot turns, t-stop, bunny hop, spiral, lunge

Basic 7

Mohawks, ballet jump, backward to forward transitions, landing position, forward pivots

Basic 8

Moving forward outside and inside three-turns, combination move, one-foot spin, waltz jump, mazurka

Free Skate 1–6

Jumps, spins, and moves in the field

Jump & Spin

Skaters that have completed Free Skate 6
Axels, double jumps, flying spins and more

Moves in the Field

Patterns that focus on power, edge quality, extension, and quickness for levels Pre-preliminary - Senior

High Conditioning

Development of proper stroking technique, edge quality, and extension with an emphasis on power and quickness.

Power & Technique

The class is designed to work on the proper technique of pushes. Gaining power and speed. Half of the class concentrates on the technique while the other half works on building speed and power. P & T should be taken concurrently with the group class of your level.

Pre-requisite for High Conditioning

Determination

To fill your lungs with cold air, to etch your trail in fresh ice, to hit the ice and stand up again, to compete and win or lose with pride, to be stronger every day, to chase what you've been dreaming of.

On behalf of budding figure skaters and hockey players and in hopes of closer families, stronger communities and tighter teams— we thank you

Arctic Wolf Ice Center offers unparalleled Figure and Hockey developmental programs in which skaters may enjoy a variety of classes for beginners through advanced levels. Competitions, shows, exhibitions, and the US Figure Skating Basic Skills Program encourage participation from the young to the young at heart. We have a qualified Professional Coaching Staff. Each coach is a member of at least one of the following organizations recognized worldwide: Ice Skating Institute (ISI), US Figure Skating, US Figure Skating Basic Skills, Professional Skater's Association (PSA), and/or United States of America Hockey Association (USA)

Megan Jonasson, Figure Skating Director, 979-693-3900 or mjonasson@arcticwolfice.com

Learn to Skate & Figure Skating

Group Lesson Schedule

July 13 - September 4, 2010

Session 4: 8 Weeks, 7 Classes

Registration opens June 26, 2010 in the Pro Shop!



Learn to Skate Today!

Academy Benefits	Basic Skills Membership
All benefits expire on the last day of semester	Membership year: July 1, 2010 - June 30, 2011
* Seven 30 minute group skating lessons	* Membership Patch
* Skate rental included for classes and practice	* Membership Card
* Unlimited \$6.00 + tax public sessions	* Year Patch
* 10% re-enrollment discount for next semester and 10% off all pro shop merchandise	* Record Book
* Make-up privileges for missed classes excluding specialty classes	* Sports Accident Insurance Coverage
* Skater Reward Card	* Eligibility to participate in shows, competitions, & exhibitions
	* Patches at the end of the session

Session 4: July 13 - September 4, 2010—No Classes the week of July 26-31

Session 5: September 7 - October 30, 2010

Session 6: November 2—December 18, 2010

*All dates and times are subject to change

For a complete listing of public session times call 979-693-3900, for additional class information, contact the Figure Skating office at 979-693-3900 ext. 102

Arctic Wolf Ice Center * 400 Holleman Drive East * College Station, TX 77840
www.arcticwolfice.com * 979-693-3900

Frequently Asked Questions

1. WHAT SHOULD I WEAR TO CLASS?

The ice rink is COLD, so dress warm in comfortable clothes that allow movement. We highly recommend gloves/mittens for all skaters. Helmets are highly recommend for children five and under.

2. WHAT SIZE SKATES SHOULD I WEAR?

For the best fit skates should feel very snug, so ask for one size smaller than your normal shoe size and wear thin socks. If you need to go with a bigger boot, wear thicker socks.

3. WHAT IS THE PROPER WAY TO LACE MY SKATES?

Skates should be laced tightly around the ankles and comfortably around the top. Your foot should not wobble back and forth in the boot, but you should be able to bend your knees with ease.

4. WHAT IS THE PROCEDURE EACH CLASS DAY?

1. Arrive at Arctic Wolf at least 15 minutes prior to your class time.
2. Check in at the figure skating table in the lobby to receive a name badge and any flyers or information for each class.
3. Skaters must show their name badge to Skate Rental to receive skates and then proceed to the ice for class. **ON THE FIRST DAY OF CLASS**, skaters should remain off the ice. Your instructor will greet you and go over basics off ice and then proceed on the ice together!
4. Make sure the clock says your class time before you step on the ice.
5. Skaters must give their name badge back to the figure skating table at the end of class.

5. WHO DO I CONTACT FOR PRIVATE LESSONS?

The best place to start is with your group class instructor. Each instructor sets his/her own schedule and rates.

6. HOW MUCH SHOULD I PRACTICE?

"Practice makes perfect"! As a rule of thumb for every 30 minute lesson you should spend approximately 2 hours practicing what you are learning in class. So, that means come to one to two public sessions a week. Don't forget to show your skater reward card!

7. HOW MANY LEVELS ARE THERE?

There are 8 Basic levels. Followed by 6 Free Skate levels. Followed by 8 US Figure Skating levels Pre-preliminary through Senior.

8. WHO DO I CONTACT IF I NEED ASSISTANCE?

Megan Jonasson, Figure Skating Director
979-693-3900 or mjonasson@arcticwolfice.com



Class Schedule

Semester Dates: July 13—September 4, 2010 (8 weeks; 7 lessons)

No Classes the week of July 26 - 31

Tuesdays, July 13 - August 31			
5:35-6:05pm Snowplow Sam 1, 2, 3 Basic 1, 2, 3	6:10-6:40pm Basic 4, 5, 6, 7, 8 Off ice Jump	6:55-7:25pm Power & Technique Basic 4 & up	7:30-8:00pm Free Skate 1-6 Jump & Spin
Thursdays, July 15 - September 2			
5:35-6:05pm Snowplow Sam 1, 2, 3 Basic 1, 2, 3 Adult 1 & 2	6:20-6:50pm Moves In the Field Pre-Preliminary—Juvenile	6:55-7:25pm Moves In the Field Intermediate—Senior Off ice Jump	7:30-8:00pm High Conditioning
Fridays, July 16 - September 3			
12:30-1:00pm Snowplow Sam 1, 2, 3	1:00-1:30pm Basic 1, 2, 3	1:30-2:00pm Basic 4, 5, 6	
Saturdays, July 17 - September 4			
9:30 - 10:00am Free Skate 1-6 Jump & Spin	10:05-10:35am <u>Accelerate Program</u> Basic 4 - 8: 10:05—11:10am Free Skate 1 - 4: 9:30—10:35am	10:40-11:10am Basic 4, 5, 6, 7, 8	11:15-11:45am Snowplow Sam 1, 2, 3 Basic 1, 2, 3

Off Ice Jump & Stretch - Tuesday @ 6:10pm, Thursday @ 6:55pm

\$7.00 per class or 1 punch from a freestyle card (1st class is free for skaters that are enrolled in 2 or more classes)

EACH ON ICE CLASS LAST 30 MINUTES!
SCHEDULE SUBJECT TO CHANGE,
CLASSES MAY BE COMBINED
(3 STUDENT MINIMUM)

All Make-ups must be complete by the end of the semester. No exceptions.

**Make ups are not permitted for classes that only meet once a week.

Friday classes include public skate from 12 - 2pm.

BASIC SKILLS MEMBERSHIP IS REQUIRED AND MUST BE PAID AT TIME OF REGISTRATION . ALL CURRENT MEMBERS MUST RENEW BY JULY 1, 2010 FOR THE NEW MEMBERSHIP YEAR.

For more information on the Accelerate Program please pick up a flyer.

7 lesson package	\$ 120
14 lesson package	\$ 180
7 lesson - Re-enrollment package (consecutive sessions only)	\$ 108
14 lesson - Re-enrollment package (consecutive sessions only)	\$ 168
21 lesson - Re-enrollment package (consecutive sessions only)	\$ 228
Accelerate Program—Saturday mornings	\$ 168
USFS Basic Skills Membership	\$ 15
Price per lesson	\$ 17.50

- 10% Re-Enrollment Discount – for consecutive sessions & when enrolling in all 7 lessons
- 10% Second Family Member Discount
- 15% Bookkeeping Fee on all refunds

Supplement group classes with private lessons and/or specialty on and off ice classes to get ahead - conditioning, ice dancing, moves in the field, choreography, off ice jump & stretch, jump & spin
Talk to your group class Instructor for more information