



Basic Ice Skating Skills Classes For Figure & Hockey Skaters

2022 Summer Session

June 7-July 28

Registration closes June 6

NEW- REGISTER ONLINE @ "ARCTICICEARENA.COM"

10700 W 160th St Orland Park, IL 60467 (708)403-4231

NO REFUNDS

ARCTIC ICE ARENA LEARN-TO-SKATE
REGISTRATION POLICIES
IMPORTANT:

The learn-to-skate program is designed to help skaters feel comfortable on the ice and teach basic balance, coordination and maneuvering. The program is also based on the LTSUSA

Skaters must be able to walk in skates to participate. It is recommended that all **first time skaters regardless of age** try on and walk in a pair of skates off of the ice **PRIOR** to registration. Absolutely no refunds are issued once a skater is registered.

Classes with 4 or less skaters **WILL BE COMBINED** with other classes or be canceled.

CLASS PREPARATION

Figure skates are recommended for **ALL beginners** for the first session of lessons. **No double blades allowed! Absolutely no refunds are given once a child is registered for class!**

Please arrive **EARLY** for each class. Extra time is needed to properly lace up skates and check in.

Please avoid wearing cotton socks in skates. Thick socks can cause blisters and do not keep feet warm. Thick socks will necessitate the skater to wear a larger skate which may not properly support the skaters' feet and ankles. A nylon type thin sock is recommended for all skates.

Instructors are available to answer any questions a parent might have before or after any class. Beginner classes meet off ice on the first day of class in order to check skates to see that they are laced properly and fitted correctly.

Skates are available to rent for \$3 per class and are highly recommended. Rental skates are kept sharp and made of leather, not vinyl. This is important so that ankles are properly supported.

It is imperative that parents remain away from the glass and rink doors while classes have started and remain seated in the bleachers or lobby. **ABSOLUTELY NO PARENTS ARE ALLOWED ON THE ICE IN SHOES.** Parents are a great distraction to the entire class. Please be courteous to the instructors, class and fellow parents and allow our instructors to do their job without interruption. Please leave the teaching to the staff and be patient. It takes time to learn to skate!

1 MAKE UP CLASS PER SESSION

CLASSES OFFERED

SNOW PLOW SAM PROGRAM

Snowplow Sam levels are designed to help the pre-school age skater develop preliminary coordination and strength to maneuver on the ice.

Thursday- 4:40pm- 5:10pm

USFS BASIC SKILLS 1-PRE FREESKATE CLASSES

The “basic skills” are the fundamentals of the sport. These 8 levels of the program introduce the fundamental moves.

Basic 1 - (Ages 6 and up) - (Student instructor ratio= 12:1) - \$136/ 8 Weeks

(Beginners) proper way to fall and get up, marching across the ice, 2 foot glides, forward swizzles and snow plow stops.

Basic 2 - (All ages) - (Student instructor ratio= 12:1) - \$136/ 8 weeks

One foot glides, backward 2 foot glides, backward swizzles, and 2 foot turns.

Basic 3 - (All ages) - (Student instructor ratio= 12:1) - \$136/ 8 Weeks

Forward stroking, forward circle pumps, backward one foot glides and 2 foot spins.

Basic 4 - (All ages) - (Student instructor ratio= 12:1) - \$136/ 8 Weeks

Forward edges on a circle, forward crossovers, beginning forward 3 turns, Backward pumps and backward stroking.

Basic 5 - (All ages) - (Student instructor ratio= 12:1) - \$136/ 8 Weeks

Backward edges on a circle, backward crossovers, hockey stops, and 1 foot spins.

Basic 6 - (All ages) - (Student instructor ratio= 12:1) - \$136/ 8 Weeks

Forward inside 3 turns, moving backward to forward, T-stops, bunny hops, forward Lunges and forward spirals.

Pre-FreeSkate - (All ages)-(Student instructor ratio= 12:1) - \$136/ 8 Weeks

Forward inside Mohawks, backward outside edges, landing positions, ballet jumps, forward inside pivots, moving forward 3 turns, Mohawk combos, 1 foot spins, waltz jumps and mazurkas.

Basic 1/2/3/4 - Thursday- 4:40-5:10pm

Basic 5/6/Pre Freeski - Thursday 4:00-4:30pm

USFS FREE SKATE CURRICULUM

Each free skate level is divided into four sections: moves in the field, spins, dance/footwork and jumps. The free skate levels are designed to give skaters a strong foundation on which to build their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.

Free Skate 1-6 Thursday 4:00- 4:30pm- \$136/ 8 Weeks

Specialty Classes

Edge/Footwork - *Skaters must be pre freeski or higher*

Tuesday- 9:40am-10:10am

This class will be 30 minutes emphasizing on edge work and footwork technique.(Skaters will be split up according to ability)

\$120/ 8 Weeks - Register Online@ Arcticicearena.com

Power- *Skaters must be pre free skate or above.*

This class is for skaters wanting to improve speed, strength, and stamina-

Wednesday- 9:30am- 10:00am- \$120/ 8 Weeks

Beginner Hockey Skating-

Proper skating techniques for the game of hockey are the primary focus. Skaters will learn the basic hockey stance, stride, knee bend, use of edges, and other fundamentals to be ready for hockey practice and game situations.

Thursday- 4:00pm-4:30pm
\$136/ 8 Weeks

Discount for doing both Edge and Power- \$220/ 8 weeks