

SOMETHING FOR EVERYONE LEARN TO SKATE CLASSES



REGISTER



Your child or teen today!

Why Learn to Skate?

Have FUN!

Improve skills and learn new ones

Hang out with friends and make new ones

Feel the excitement of competition and performing

Exercise and become fit

Americans love skating and each year millions take to the ice in search of fun and fitness. The Learn to Skate program teaches elementary ice skating skills. When a skater demonstrates mastery of specific maneuvers through Learn to Skate testing, he or she is eligible for competitions, awards and the chance to learn even more skills in a fun, positive environment.

Your child or teen will:

Acquire an appreciation for an active lifestyle

Develop self-esteem, self-confidence and self-discipline

Learn social skills with other children and adults

Learn fair play and good sportsmanship

Register for Learn to Skate and participate in a positive healthy lifestyle.

You'll receive:

Badges

Coloring sheets

Report Cards

Participate in Special Events

Recitals - Christmas Recital 12/20/08

Ice Shows - Night at the Movies dates 2/20/09 and 2/21/09 (tentative)

Competitions - Skatefest (Wasilla) 3/7/09 and 3/8/09

Competitions - Riverskate April 4/4/09 and 4/5/09

TOTS

Toddlers – Preschoolers

Tues 12:00pm or Tues 6:30pm Wed home school 12:00 pm or Sat 12:00pm

Ages 2 – 5: Once a child has learned to walk well, a child can be taught to ice skate, but very young children require special classes limited to their age group. These classes are given in an atmosphere of fun rather than along formal lines. We play games and make it fun, while all along learning to skate. There are four tot badges to be earned.

TOT 1: Proper way to fall
Proper way to get up
Marching in standing position
Marching while moving

TOT 2: Two-foot jump in place
Forward swizzle standing
Single swizzle
Beginning two-foot glide

TOT 3: Push and glide stroking
Preparation for snowplow stop
Dip
Forward swizzle

TOT 4: T-position and push right & left
Backward swizzle
Two-foot or one ft snowplow stop
Backward wiggles

BEGINNER/THROUGH ADULTS

The Ice Skating Institute's (ISI) Instructional and Recreational Ice Skater Test Programs are used worldwide, have accepted standards and have been developed for those who skate for recreation and enjoyment- for fun and pleasure. The program appeals to first-time skaters because it teaches movements they can master almost immediately. It provides achievable objectives with immediate results.

The strength of the ISI's Learn to Skate instructional program, is the logical progression of skill development, whereby skills learned in each level build on skills achieved in the preceding level. For example, Pre-Alpha one-foot glides are needed before Alpha forward stroking and forward crossovers, which rely on one-foot gliding, can be learned.

The Learn to Skate Program is outstanding because there are established standards of performance for all maneuvers at all levels rather than a list of maneuvers to be taught/learned. That takes the guesswork out of testing-for both the instructor and the skater-and it ensures the skater has correctly mastered the element before moving on to the next level.

ATTRACTIVE patches and certificates are given to skaters upon completion of a test, at every level of skating. These also serve as an incentive for skaters to continue skating and encourage others to participate.