

Learn To Skate

2012 Winter Season



SUBURBAN
EAST LANSING **ICE**

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Suburban Ice East Lansing “Skate with U.S.”

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Ice Skating is a great way to stay physically fit and have FUN! Our Learn to Skate classes follow the curriculum of the U.S. Figure Skating program. The schedule includes classes for all skill levels ages 3 through Adult. A schedule of current classes offered is available on the back of this brochure, however class schedules are subject to change due to enrollment.

Skating Levels

- **Parent Tot:**

4 weeks - \$60.00, 5 weeks - \$70.00,
6 weeks - \$80.00,

For skaters ages 3-5 with little or no skating experience. Learn basic balance and skating skills in a fun, introductory class with their parent or adult friend. Adults should be able to skate.

- **Snowplow 1:**

4 weeks - \$60.00, 5 weeks - \$70.00,
6 weeks - \$80.00,

For skaters ages 3-5 with little or no skating experience. Learn the basics of skating skills in an age appropriate setting. Classes feature low student-to-instructor ratios.

- **Snowplow 2-3**

4 weeks - \$60.00, 5 weeks - \$70.00,
6 weeks - \$80.00,

For skaters ages 3-5 who have passed Snowplow 1 or equivalent. Once skaters pass Snowplow 3, they advance to Basic 2.

- **Basic 1-8**

4 weeks - \$60.00, 5 weeks - \$70.00,
6 weeks - \$80.00,

Ages 6 and up. All beginner skaters will start in Basic 1. Classes cover a wide range of skating skills from basic forward and backward skating to more advanced elements and maneuvers. Skills build on each other as skaters progress through each level.

- **Adult**

4 weeks - \$60.00, 5 weeks - \$70.00,
6 weeks - \$80.00,

For skaters 16 and older. Classes designed for the mature skater interested in learning how to skate.

- **Freestyle 1 - 6**

4 weeks - \$60.00, 5 weeks - \$70.00,
6 weeks - \$80.00,

A more challenging class for skaters who have passed Basic 8.

*Skate rental fees are \$1/week, due at the time of registration.



April 27 & 28, 2012

**Register for our
Annual Spring Ice Show!**

**All levels and ages are
encouraged to join in the fun!
See the front desk for a
registration form and more
information!**

Learn to Skate Program Rules and Regulations

- Full payment is required with registration.
- Due to class sizes, we will not allow any make up lessons on other days.
- There will not be any credits given to missed classes. Please sign up only for the classes you can attend.
- All classes are 25 minutes with a 25 minute practice.
- Absolutely no parents or siblings allowed on the ice unless registered for a class.
- Please arrive 10-15 minutes before classes begin with mittens and helmet (if needed).
- If you have any questions or concerns please wait till lessons are done to talk with your coach. **Never** interrupt a lesson on the ice.
- The \$5 discount will only apply on Evaluation night!

2011 Fall/Winter Learn to Skate Sessions

- ❖ **SESSION 5: January 2-February 12, 2012**
6-Week Session (4 or 5 week sessions allowed)
Registration begins December 5, 2011

- ❖ **SESSION 6: February 13-March 25, 2012**
6-Week Session (4 or 5 week sessions allowed)
Registration begins January 15, 2012

Special Events

2012 Annual Spring Ice Show Registration November 20-January 3, 2012

All skaters registered in the Learn to Skate program are Invited to participate in our Annual Spring Ice Show, sanctioned by the Lansing Skating Club. Registration for the Ice Show will begin November 20-January 3, 2012. Look for more information to be posted around the rink!

U.S. Figure Skating National Skating Month Celebration

January 15, 2012

Join us for the 10th annual National Skating Month Celebration! Free public skating, giveaways, raffles, exhibitions and more!!

Lansing Skating Club



Skaters interested in pursuing skating at a more competitive level are encouraged to join the Lansing Skating Club for private lessons. Instruction is available during freestyle sessions from introductory through the most competitive levels of skating. Visit lansingskatingclub.com for more information

Want to play hockey?

The FUNdamental program for the 2011-12 hockey seasons began in September, but you can sign up mid-season! Stop by the front desk for registration information, or go to suburbanice.com to find more information online!

Registration Procedures

- **Classes fill up quickly so make sure you register at least one week in advance. Once classes fill up your name will be put on a waiting list.**
- **Refund/Credits:** Please note that there is a **NO REFUND** policy. Credits will be given after week two.
- **Skate Rental:** Skates can be prepaid at the time of registration for \$1.00 per class.
- **Open Skate Pass:** All LTS participants will receive a **Public Skating punch card with one punch per week for the session. Please see the times on the back of the card for Public Skate Sessions.**

2012 Winter Class Schedule

MONDAY	CLASS TIME	PRACTICE TIME	CLASSES OFFERED			
	6:00-6:25	6:25-6:50	Snowplow 1-3	Parent/Tot	Basic 1	Basic 3
6:25-6:50	6:00-6:25	Basic 2	Basic 4	Basic 6/7	FS Basic 8	Adults

SUNDAY 1:30	CLASS TIME	PRACTICE TIME	CLASSES OFFERED			
	1:30-1:55	1:55- 2:20	Snow Plow 1	Snow Plow 2/3	Basic 1	Basic 3
1:55-2:20	1:30-1:55	Basic 2	Basic 4	Basic 6/7	Freestyle	

SUNDAY 2:30	CLASS TIME	PRACTICE TIME	CLASSES OFFERED			
	2:30-2:55	2:55-3:20	Snow Plow 1	Snow Plow 2/3	Basic 1	Basic 3
2:55-3:20	2:30-2:55	Basic 2	Basic 4	Basic 5	Basic 6/7	8

All class times are subject to change.
Please check in at the Nametag Table
when you arrive on the first day.