

# Learn to Skate 2011-2012 Season

**Fall Session = \$84**

**7 weeks, Sept. 10th – Oct. 25th**

Tuesday: 10:30 – 11:20am • Saturday: 10:00 – 11:20am

(See registration form for class schedule)

Make up class and Open Skate offered on Saturday, Oct. 29th

**Winter 1 Session = \$84**

**7 weeks, Nov. 1st – Dec. 17th**

Tuesday: 10:30 – 11:20am • Saturday: 10:00 – 11:20am

(See registration form for class schedule)

Make up class and Open Skate offered during Holiday break

**Winter 2 Session = \$84**

**7 weeks, Jan. 3rd – Feb. 18th**

Tuesday: 10:30 – 11:20am • Saturday: 10:00 – 11:20am

(See registration form for class schedule)

Make up class and Open Skate offered on Saturday, Feb. 25th

# LEARN TO SKATE



**Fall/Winter 2011-2012**

**SUBURBAN  
FARMINGTON HILLS  
ICE™**

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Operated by Suburban Sports Group

# Suburban Ice Farmington Hills

## “Skate with U.S.”

**Skating Director: Susan Bottrell**

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Ice skating is a great way to stay physically fit and have FUN! The Learn to Skate program follows the curriculum of U.S. Figure Skating. The schedule includes classes for all skill levels AGES 3 through ADULTS. A schedule of current classes offered is available in the brochure racks or online at [www.suburbanice.com](http://www.suburbanice.com).

### Skating Levels

(7 weeks - Fall • Winter 1 • Winter 2)

**USFS fee included in registration fee - \$10.00 value**

- **Parent Tot**

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

- **Snowplow Sam 1 (3-5 yr olds)**

For skaters ages 3-5 years old with little or no skating experience. Learn basic balance and skating skills in an age-appropriate setting. Classes are limited to 6 skaters.

- **Snowplow Sam 2-3**

For skaters ages 4-5 who have passed Snowplow Sam 1 or who have previously taken skating lessons. Develop preliminary coordination and strength necessary to maneuver on the ice in an age-appropriate setting.

- **Basic 1-5**

For skaters ages 6 and up. All beginner skaters will begin in Basic 1. Classes cover “basic” fundamental skating skills such as forward and backward skating, stops, edges, crossovers, and turns. Skills build on each other as skaters progress through each level.

- **Hockey Skills**

Classes are designed for skaters who would like to learn hockey skating skills. Classes will be offered for beginner, intermediate or advanced skaters. Hockey equipment is recommended. Helmets are mandatory. Sticks may only be used in class.

- **Adult**

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

For more information go to:

**[www.suburbanice.com](http://www.suburbanice.com)**

# Getting Started in Learn to Skate

### What to wear?

- Dress warmly, but allow for freedom of movement.
- Mittens or gloves should be worn.
- Pants should not be excessively long or have a wide flare.
- Helmets are strongly recommended for all skaters especially those five years of age and under and all beginner skaters. Bicycle helmets are permitted.
- New skates need to be sharpened before the first day of class.
- Make sure skates are securely tied. Laces should be snug through the ankle area, but allow for some flexibility.
- No gum chewing is allowed on the ice.

### Nametags

- Each week nametags will be located on a table near the office.
- Nametags will be collected at the end of each class.

### Where to meet?

- All skaters, except for Parent Tot and Snowplow Sam 1 skaters, should line up against the boards to get on the ice.
- Parent Tot and Snowplow Sam 1 skaters will meet off-ice for the first two weeks before going on the ice. Skaters should be ready with skates and proper attire.

### During Class

- Parents are asked to watch from the viewing area.
- Parents are asked to not stand in the area by the door or walk onto the ice!
- Parents are not permitted to stand by the player's benches.
- Parents should not pick up skaters and carry them with their skates on!

### Instruction/Practice

- Practice ice is available for LTS participants only. Parents and siblings are not allowed on the ice.
- Skaters must be able to skate on their own to utilize the practice ice.  
Practice ice will be monitored by a staff member.
- See class list for specific class and practice times.

### Evaluations

- Skaters are evaluated on the second to last week of each series. They will receive an evaluation form marking their progress.
- When a skater completes a level, badges are available at the front desk for \$1.00.
- It is not unusual for skaters to repeat a class two or more times. Skills taught build upon each other, and to move a skater up before they master a skill only makes skating more difficult.
- After they have been evaluated, skaters may register for the next session.
- If a child misses the second to last class, they will receive their evaluation the last week of classes.

### Credits/Make up Classes

- No credits will be issued for missed classes.
- There will be one make up class per session.

## WANT TO PLAY HOCKEY?

### MIGHTY MITE (Ages 4-7)

- Recommended as a first step for beginning hockey players who have completed a Learn to Skate class and have a solid base of fundamental skating skills
- Emphasis on creating a fun, challenging environment for players to learn the beginning principles of skating in equipment, stickhandling and puck skills
- Skill stations and skillbuilding games as part of each session



The Suburban Ice Farmington Hills Learn to Skate program is the feeder program for the Suburban FUNdamental Hockey League.