

Learn To Skate

2009-10 Season



SUBURBAN
EAST LANSING **ICE**

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www.suburbanice.com

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! The Learn to Skate Program follows 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 in the brochure racks or online at suburbanice.com.

Skating Levels

- **Parent Tot:**

4 weeks - \$65.00, 5 weeks - \$75.00,

6 weeks - \$85.00, 7 weeks - \$95.00

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 - \$65.00, 5 weeks - \$75.00,

6 weeks - \$85.00, 7 weeks - \$95.00

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, 7 weeks - \$90.00

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

- **Power Hockey (MITES or higher)**

4 weeks - \$65.00, 5 weeks - \$75.00,

6 weeks - \$85.00, 7 weeks - \$95.00

Specialized class for hockey players looking for more technique training. Class will focus on edges, stops, turns, and gaining power in a low student-to-instructor ratio.

- **Basic 1-8**

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

6 weeks - \$80.00, 7 weeks - \$90.00

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, 7 weeks - \$90.00

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

- **Freestyle 1-4 (Sunday only)**

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

6 weeks - \$80.00, 7 weeks - \$90.00

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

- **Hockey 1-4 (Monday only)**

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

6 weeks - \$80.00, 7 weeks - \$90.00

Classes are designed for the beginner – experienced player. Skaters will advance to our FUNdamental Hockey Program when completed.

Pre-School Play Skate!
Friday Only, \$50.00/7 classes
1:30-2:30 pm

Our first ever Play to Learn Class for skaters 6 and younger! Skaters will be divided by skill level and learn in an interactive FUN atmosphere!
Class time will be during the Pre-School Skate on Fridays @ 1:30 pm.

SUBURBAN COMPETITIVE GROUP (SCG)

Monday: 6:20-7:20

Sunday: 1:30-2:30

SCG is an exciting class we offer to those skaters who would like to take their group lessons to the next level. SCG will be offered to all skaters Basic 6 and higher and is a cost-effective alternative to private lessons. This class offers:

- The choice of once or twice a week lessons
- Concentrated focus on all skating disciplines.
- Opportunity to compete in any Basic Skills Series Competition
- Group skating number in the Holiday Ice Show
- Element booklet full of skills and skating information
- All classes, Suburban competitions, and shows taught by qualified Suburban Professionals

2009-10 Learn to Skate Sessions

❖ FALL/WINTER- SESSION 4

NOVEMBER 1 - DECEMBER 2009

7 WEEKS

Registration begins September 1, 2009

NO LESSONS SUNDAY, NOVEMBER 27 & 29, 2009

❖ WINTER - SESSION 5

JANUARY 3 - FEBRUARY 19, 2010

6 WEEKS

Registration begins December 1, 2009

❖ SPRING- SESSION 6

FEBRUARY 21- APRIL 2, 2010

6 WEEKS

Registration begins January 15, 2010

Special Events

Holiday Figure Skating Exhibition: Saturday, December 12, 2009 *

12:30-1:30 pm

Watch our figure skaters from the Lansing Skating Club and our very own Suburban Competitive Group perform to their favorite Holiday music followed by a special "Skate with Santa" Public Skate.. This event is sanctioned by the Lansing Skating Club.

2010 Annual Basic Skills Competition: March 13, 2010

Hosted by the Lansing Skating Club, this Competition is open to all skaters who are current eligible members of either the Learn to Skate Program and/or are full members of U.S. Figure Skating.

2010 Annual Spring Ice Show: April 30 & May 1, 2010

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 December 1 - January 7, 2010.

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 and SCG 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.**

- Dress warmly, but allow for freedom of movement. Mittens or gloves should be worn.
- For safety reasons, pants should not be excessively long or have a wide flare.
- Helmets are not required, but **HIGHLY** recommended. 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

Nametags

- Each week nametags will be located by a table near the coach's board.
- At the end of each class please place your nametag back in the basket!

Where to Meet?

- For the first and second class of each session, all beginning classes will meet off ice in the rink area. All other classes will go to practice time or follow their teacher onto the ice.
- Under NO circumstances should anyone step on the ice without skates.

During Class

- Parents are asked to watch from the stands or in the lobby
- Parents and all observers are asked to not stand by the entrance to the rink; this is in order to keep the area as clear as possible.
- 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 Time

- Practice ice is available for LTS participants only. Parents and/or siblings are not allowed on the ice
- Skaters must be able to skate on their own to utilize practice ice. Practice ice will be monitored by a Learn to Skate Instructor

Evaluations

- Skaters are evaluated on the second to last week of each session. They will receive an evaluation form marking their progress.
- When a skater completes a level, a badge is available at the front desk for \$1.00
- After they have been evaluated, skaters will have the option to re-register for the next session of classes.
- If a child misses the evaluation day, they will receive an evaluation on the last day of class.

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 2009-10 hockey seasons will begin September 20, 2009. Stop by the front desk of the arena for registration information or go to suburbanice.com to find more information online!

Celebrate your birthday on ice!

We have 3 packages available to meet your Birthday Party needs! We also offer a Broomball Party packages for those looking for something new! Book one TODAY!