

# Learn To Skate

2008-09 Season



**SUBURBAN**  
*EAST LANSING* **ICE**

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

### Skating Levels *\*\* Prices are based on a 7-week program \*\**

- **Parent Tot \$90.00**  
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, 2, and 3 \$90.00**  
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.
- **Basic 1-8 \$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 \$90.00**  
For skaters 16 and older. Classes designed for the mature skater interested in learning how to skate.
- **Freestyle 1-4 (Sunday only) \$90.00**  
A more challenging class for skaters who have passed Basic 8.
- **Hockey 1-4 (Monday only) \$90.00**  
Classes are designed for the beginner – experienced player. Skaters will advance to our FUNdamental Hockey Program when completed.

### **SUBURBAN COMPETITIVE GROUP (SCG)**

**Once/week: \$100.00**

**Twice/week: \$150.00**

**Monday: 6:20-7:20**

**Wednesday: 5:00-6:00**

*SCG is an exciting new class we are offering 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.
- Group skating number in the Holiday Ice Show
- Opportunity to skate on an actual Freestyle session
- Element booklet full of skills and skating information
- SUBURBAN COMPETITIVE GROUP free T-Shirt
- All classes, Suburban competitions, and shows taught by qualified Suburban Professionals

# LEARN TO SKATE 2008 FALL SEASON

## FALL SESSION

September 7 - October 23, 2008  
7-Week Session

Registration begins August 10, 2008

## FALL/WINTER SESSION

October 26- December 18, 2008  
7-Week Session

***NO CLASSES November 24-November 30***

Registration begins October 12, 2008

### Class Days/Times

Sunday: 2:00-2:50 pm

2:25-3:20 pm ( Basic 6 and higher)

Monday: 6:00-6:50 pm

6:25-7:20 pm (Basic 6 and higher)

Tuesday: 1:00-1:50 pm

Wednesday: 6:00-6:50 pm

### **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.
- **No Make-Up Classes!** Due to the class size, we cannot offer make ups for missed days.

# Getting Started in Learn to Skate

## What to Wear?

- 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 encouraged. 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 on

## 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 staff member

## 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.

<p><b>Lansing Skating Club</b></p> <p>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</p>	<p><b>11<sup>th</sup> Basic Skills Challenge</b></p> <p>March 14<sup>th</sup>, 2009</p> <p>Interested in competing? Each year the LSC hosts a competition especially for our basic skill skaters! Skaters will compete at the last basic level they passed against other skaters at the same level.</p>	<p><b>Want to play hockey?</b></p> <p>The FUNdamental program for the 2008-09 hockey seasons will begin September 6, 2008. Stop by the front desk of the arena for registration information or go to <a href="http://suburbanice.com">suburbanice.com</a> to find more information online.</p>
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