

LEARN TO SKATE



2008-09 Season

SUBURBAN
MACOMB **ICE**

54755 Broughton Road • Macomb, MI 48042 • (586) 992-8600

www.suburbanice.com

Suburban Ice-Macomb "Skate with U.S."

Skating Director: Helene Wolf

Phone: (586) 992-8600

E-Mail: hwolf@suburbanice.com



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 ADULTS. A schedule of current classes offered is available in the brochure racks or on-line at suburbanice.com.

Skating Levels

(Prices are based on a 7-week program)

- **Parent Tot** **Price: \$90**
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)** **Price: \$90**
For skaters ages 3-5 years old with little or no skating experience. Learn basic balance and skating skills in an age-appropriate setting.
- **Snowplow Sam 2-3** **Price: \$90**
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 ice in an age-appropriate setting.

- **Basic 1-5** **Price: \$90**
Ages 6 and up. All beginner skaters will begin 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.
- **Edge 1-3** **Price: \$130**
Skaters will rotate with two instructors and receive a 15-minute freestyle lesson and a 15-minute moves in the field lesson in a class size with a 4-to-1 student-to-instructor ratio, a 30-minute optional practice time, and a 15-minute off-ice class with an instructor following their ice time.
- **Adult** **Price: \$90**
For skaters 16 and older. Class designed for the mature skater interested in learning how to skate.
- **Hockey 1 (Ages 5 & up)** **Price: \$90**
For skaters that have completed Snowplow Sam. Hockey skates required and equipment preferred, NO sticks or pucks allowed on the ice. This class is designed for developing hockey skating skills.

The Onyx-Suburban Skating Academy offers more skating opportunities to take part in!
ICE SHOWS - COMPETITIONS - SYNCHRONIZED SKATING

2009 ICE SHOW

Saturday, May 2 & Sunday, May 3

- Boys and girls of all ages and levels from the Macomb LTS program are encouraged to participate in the Onyx-Suburban Skating Academy's seventh annual ice show. The show allows skaters to have fun with other skaters at their same skill level, learn a group routine, wear a wonderful costume, and show off their skating accomplishments! The show will include skaters from the LTS program, members of the Onyx-Suburban Skating Academy as well as special guest skaters! Last year over 1,500 spectators attended! Tickets go on sale in April!
- Registration for the show will begin in early September and applications will be due no later than

November 3, 2008

DON'T MISS OUT ON THE FUN!

ONYX BASIC SKILLS CHALLENGE

Are you interested in competing? Each year, the OSA hosts a competition especially for our basic skills skaters! Skaters from Snowplow Sam 1 through our Edge program are eligible to participate! Skaters will compete at the last basic skills level they passed against other skaters at their same level. Medals are awarded for 1-4th place and all other competitors receive a ribbon! At the award ceremony skaters have the chance to stand on our podium and take pictures!

APRIL 4, 2009

SUBURBAN ICE - MACOMB

PHOENIX SYNCHRONIZED SKATING

Synchronized skating is the fastest growing discipline in US Figure Skating. Synchronized skating is a team of 12-20 skaters performing as one to music.

The Onyx-Suburban Skating Academy is home of the Phoenix Synchronized Skating Program! Phoenix teams accommodate skaters BASIC and ABOVE. Come skate and compete as a team with your friends!

FOR MORE INFORMATION CONTACT:
JEANNINE WEINSCHROD: jlybnz@aol.com

or you can visit us at

PHOENIXSYNCHRO.COM

Getting Started in Learn to Skate

Before Class:

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 for 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 on a table near the entrance to Rink 2.
- "SR" will indicate if skate rental was prepaid. Show your nametag at the skate rental counter to receive your skates. Weekly skate rental should be paid at the front desk.
- Nametags will be collected at the end of each class.

Classes:

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 in the indicated locker room in Arena 2 for the first two weeks before going on the ice. Skaters should be ready with skates and proper attire.
- Colored boards are lined against the wall of the arena; children should proceed to the their class color indicated on their nametag.

During Class

- Parents are asked to watch from the stands or from the outside lobby.
- Parents are asked to not stand in the area by the door.
- Parents are not permitted to stand by the player's benches.

Instruction/Practice

- PRACTICE ICE IS AVAILABLE FOR LTS PARTICIPANTS ONLY. Parents and siblings are not allowed on the ice, unless it is a Parent Tot skater.
- Skaters must be able to skate on their own to utilize the 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, 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 are given priority registration to re-register for the next Session. Registration will be held in the party room.
- If a child misses the second to last class, they will receive their evaluation the last week of classes.

Stay WARM in
our Suburban Ice
- Macomb

LTS APPAREL!

Suburban Ice -
Macomb offers
specially designed
Learn-to-Skate
apparel for our
skaters! Check
with the front
desk for samples
and order forms!
We have a variety
of items such
as, fleece jackets
and vests, nylon
jackets with fleece
lining, sweatshirts
and hooded
sweatshirts. Some
items may be
embroidered free
of charge! Don't
delay in ordering!
Makes for a
great birthday or
holiday gift!

The Learn to Skate program is the feeder program for the
Onyx-Suburban Skating Academy & Suburban FUNdamental Hockey.

Private Lesson?

Those skaters interested in obtaining additional instruction to further accelerate the development of their skating skills and those interested in figure skating are eligible to join the Onyx-Suburban Skating Academy. There is no level requirement for skaters to take private lessons or to join the skating academy. Inquire at the front desk for additional information.



Want to play hockey?

Stop by the front desk of the arena for registration information or go to suburbanice.com to register online.



Learn to Skate • 2008-2009 Season

<p style="text-align: center;">Session I: September 7 - October 23, 2008 7-Week Program</p> <p style="text-align: center;"><i>Open Registration: Saturday, August 16 @ 11:00 a.m.</i></p> <p style="text-align: center;">**2009 Ice Show Applications Available in September All ages and levels are welcome to join**</p>	<p style="text-align: center;">Session II: October 26 – December 18, 2008 7-Week Program NO classes November 27 - December 1</p> <p style="text-align: center;"><i>Current Student Priority Registration: October 12-16</i> <i>Open Registration: October 16 @ 6:00 - 8:00 p.m.</i></p> <p style="text-align: center;">**2009 Fall/Winter Hockey Applications distributed during Week 6 & 7 of Session II (End of December)**</p>
<p style="text-align: center;">Session III: January 4 – February 19, 2009 7-Week Program</p> <p style="text-align: center;"><i>Current Student Priority Registration: December 7-11</i> <i>Open Registration: December 11 @ 6:00 - 8:00 p.m.</i></p>	<p style="text-align: center;">Session IV: February 22 – April 9, 2009 7-Week Program</p> <p style="text-align: center;"><i>Current Student Priority Registration: February 8-12</i></p> <p style="text-align: center;">**Spring Hockey Information available end of January Open registration - First Come/First Serve basis** **2009 Ice Show May 2nd & 3rd: Tickets on sale in April Featuring LTS students and OSA members**</p>
<p style="text-align: center;">Summer Session I: May 7 - June 29, 2009 7-Week Program NO classes May 21 - 25</p>	<p style="text-align: center;">Summer Session II: July 12 - August 27, 2009 7-Week Program</p>

Registration Procedures

- **Current Student Priority Registration:** Current students may re-register AFTER they have been evaluated on the second to last week of the current Session. It is recommended that current students do so at this time in order to reserve their spot in the next Session. Registration will take place in the party room.
- **Open Registration:** Open registration is open to the public. Numbered tickets will be distributed five minutes before registration begins.
- **Phone-In Registration:** Phone-in registrations will be accepted following open registration. Please call 586-992-8600.
- **Refund/Credit Policy:** Please be aware that there is a NO refund policy. Credits will not be issued after the 2nd week of classes.
- **Make-Up Classes:** Due to the size of the program, we are only able to accommodate make up classes during the Summer Session I and II. Please see the skating director to schedule make-ups.
- **Skate Rental:** Skate rental may be prepaid at the time of registration. Please indicate when registering if you wish to pre-pay. If enrolled in a Monday or Thursday morning or early afternoon class, the fee is \$2 per class. If enrolled in a Monday evening or Sunday class, the fee is \$3 per class.
- **Free Open Skate Pass:** LTS participants will be given a pass to attend one Suburban Ice - Macomb open skating session for free. The student must present his/her pass at the front desk during open skating hours. Please see the activity schedule located in the brochure racks near the entrance of the arena for open skate times or check our web site. Please note skate rental is not included. The pass will expire the last day of the current Session.