



ICE SKATING

November-December 2009

(see reverse side for class schedule)



Class Descriptions

Preschool Sam 1: Sit and stand up with skates, march in place, skate with no assistance across rink, dip.

Preschool Sam 2: Skate width of rink 30-45 sec, swizzle action, backward wiggles, 2-foot hop, stop.

Preschool Sam 3: Forward 2 ft glide, moving swizzles, backward skating, back stop, T -push, 2 ft turn.

Basic 1: Proper falling and standing, identify edges, skate width of rink any method, snowplow stop.

Basic 2: Forward 2 ft glide, moving swizzles, backward skating, back stop, T -push, 2 ft turn.

Basic 3: Forward stroking, T-stop, 1 ft glide, turn from forward to backward, beginning 2 ft spin, beginning spiral, backward 2 ft glide.

Basic 4: Forward crossovers, 2 ft spin (4-5 rev), beginning 3- turns, backward stroke to glide, bunny hop.

Basic 5: Backward crossovers, 1-foot spin (2-3 rev), pivots, forward and side lunge, spiral (hip height).

Basic 6: Outside and inside 3 turns, mohawks, hockey stop, side toe hop, ballet jump, 1 ft spin, back crossovers to jump landing position.

Basic 7: Forward crossovers to back crossovers using 3 turns and mohawks, beginning waltz jump, 1 ft spin (4-5 revolutions).

Freestyle 1-3:(Prerequisite– Basic 1-7) Scratch spin, back scratch spin, sit spin, camel spin, waltz jump, salchow, toe loop, loop jump, half flip, flip, half lutz, spirals, jump combination, moves in the field and footwork.

Power Hockey 1: (Prerequisite Basic 1 and 2) Backward stance, full stride forward skating, 1-foot glides, backward hustle, back swizzles, glide turns, beginning hockey stop, drills.

Power Hockey 2: Forward and backward C-cuts and crossovers, hockey turns, slalom, forward stop and starts, back V-stop, mohawks, hockey stops, back 1-foot glide, drills.

Adult Beginner/Intermediate: Skating basics, forward / backward skating, stopping, crossovers, two and one foot turns.

Adult Ice Dancing: Private lessons available.

USFSA Basic Skills membership for 2009-10 is \$10. See Susie to join.

<p>Lessons Include:</p> <ul style="list-style-type: none"> • 25 minute lessons • Half price skate rental on class day 	<p>Registration Information: All first time enrollees for Sept. 2009-August 2010, must fill out completed registration form. Participants may register in person, by mail, or phone by calling 314-822-5855. Form may be downloaded and mailed /faxed. (See reverse side for address/numbers) Refunds: All participants canceling from a program voluntarily must present the request in writing. All refunds will be assessed a minimum \$5 program charge. Participants that cancel voluntarily less than one week prior to the start of the program may only receive a partial or prorated refund based on type of program and time of cancellation.</p>
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The Skate School is directed by USFSA Gold Medalist Susie Smith. For more information on the lesson program and to register, contact the Skate School office at 314-984-5950, Ice rink office at 984-6989 or the Kirkwood Community Center at 314-822-5855.

SNOWPLOW SAM (age 4-6)
Pre-School

MONDAY

Sam 1 2:00, 5:15, 6:00pm
Sam 2 1:30, 6:30pm
Sam 3 6:30pm

TUESDAY

Sam 1 10:30 am
Sam 2 10:00 am, 1:15pm

WEDNESDAY

Sam 1 10:00am
Sam 1 (No class 11/25, 6 wks) 1:30pm
Sam 2 10:30am

THURSDAY

Sam 1 (No class 11/26) 10:00am, 1:15pm
Sam 2 (No class 11/26) 10:30am

FRIDAY

*Sam 1 (No class 11/27, 12/18) 10:00am
Sam 1 (No class 11/27) 12:30pm, 3:45pm
*Sam 2 (No class 11/27, 12/18) 10:30am
Sam 2-3 (No class 11/27) 1:00pm

SATURDAY

Sam 1 10:30am, 11:00am, 12:15pm
Sam 2 10:30am, 12:15pm
(Sam 3 skates with Basic 2)

ADULT CLASSES (18 & up)

Sunday

Beginner/Intermediate 7:45 pm

SATURDAY

Beginner 11:00am

POWER HOCKEY

MONDAY

Hockey 1 6:00pm
Hockey 2 6:30pm

SATURDAY

Hockey 1 12:45pm

FAMILY MEMBER SKATE

(A portion of the ice will be coned off for family members of those taking lessons)

Saturday's only 10:30-11:30am
\$2.50 admission, \$1.00 skate rental

Create your own Class / All levels
4 Student Minimum / Call 984-5950

BASIC 1-7 (K and up)

MONDAY

Basic 1 4:15pm, 6:00pm
Basic 2 4:45pm, 6:00pm
Basic 3 6:00pm
Basic 4 6:30pm
Basic 5 6:30pm
Basic 6-7 6:30pm

WEDNESDAY

Basic 1 4:15pm
Basic 2 4:45pm
Basic 3 5:15pm

FRIDAY

Basic 1 (No class 11/27) 4:15pm
Basic 2 (No class 11/27) 4:45pm

SATURDAY (Suggested Ages)

Basic 1 10:30am (5-6), 11:00am (7-8),
11:45am (6-8), 12:45pm (all)
Basic 2 10:30am (5-7), 11:45am (6-8),
12:15pm (7-10)
Basic 3 11:00am, 12:15am
Basic 4 12:15pm
Basic 5 12:45pm
Basic 6-7 12:45pm

FREE SKATE 1-3

MONDAY Res. \$84.00, NR \$96.00
Free Skate 1-3 7 -7:45pm
Includes Moves in the field

SATURDAY

Free Skate 1-2 12:45pm

**ICE DANCE/MOVES
FREESTYLE PRACTICE**

MONDAY

Freestyle/Ice Dance Practice
7:00 -7:45 pm
Prepay \$56 Walk-On \$8.00 per week

SESSION DATES

Sunday Nov 1,8,15,22,29 Dec. 6,13,20
Monday Nov 2,9,16,23,30 Dec. 7,14,21
Tuesday Nov 3,10,17,24 Dec 1,8,15,22
Wednesday Nov 4,11,18,25 Dec 2,9,16
Thursday Nov 5,12,19 Dec.3,10,17
Friday Nov 6,13,20 Dec 4,11,18
Saturday Nov 7,14,21,28 Dec 5,12,19

CHRISTMAS ICE SHOW

December 19th Free!!!

FEES

Sun/Mon/Tues (8 weeks)
Res. \$56.00 Non \$64.00

Wed/Sat (7weeks)
Res. \$49.00 Non \$56.00

Thurs/Fri (6 weeks)
Res. \$42.00 Non \$48.00

*5 Weeks, Res. \$35.00 Non \$40.00

Classes are 25 minutes, unless otherwise noted in individual descriptions.

SKATING TIPS

- Please arrive early for your lesson and give the skater's name to the cashier. Skate rental is paid at this time (\$1.00).
- First time skaters should be prepared to try on several pairs of skates to ensure proper fit.
- Wear one pair of dry socks.
- Skates should fit like nice fitting shoes. Please have skates tied snugly, however the skater should be able to bend their knees. DO NOT wrap laces around ankles.
- Helmets are highly recommended for young skaters.
- Gloves are mandatory.

LESSON POLICIES

- Make up policy- Make up lessons will be considered for illnesses and emergencies ONLY. Make ups must be made during same session. Please call Susie Smith for make up lessons- 314-984-5950.
- Refund policy: See reverse side.
- Classes that do not meet enrollment requirement may be cancelled
- All fees must be paid in full. Classes will not be prorated.
- Skaters under the age of 12 must be accompanied at the rink by a responsible person age 15 or over.

111 South Geyer Road
Kirkwood, MO 63122
Phone: 822-5855 Fax: 984-5931
www.kirkwoodmo.org

Skate Lesson Registration Form

Student's Name _____ D.O.B. _____ Sex _____
Address _____ City _____ State _____ Zip _____
Home Phone _____ Emergency Phone _____ E-Mail _____
Class Title _____ Day of Week _____ Time _____
Credit # MC/ Visa/Discover _____ Exp. _____ Cash _____ Check _____

Release for participant by parent: In consideration of your accepting either me or my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waive and release any and all rights and claims for damages I or my child may have against the City of Kirkwood and its representatives, successors, and assigns and all persons associated with the skating lesson program represented in this flyer, for any and all injuries suffered by myself or my child at any activity sponsored by these groups. I understand that ice-skating can be a dangerous activity, and that injuries can occur.

Participant or Guardian (if under 18 years old): _____ Date _____
Are accommodations needed to participate? ___ Yes ___ No If yes, please explain: _____