



ISI LEARN-TO-SKATE

Hastings Civic Arena, Hwy 61 & 316, Hastings, MN

*** WINTER SESSION 2012 - 9 weeks ***

DATES: Saturdays, January 14 through March 10, 2012

TIME: 10:00-11:30 am (Please arrive at the arena 15-30 minutes before your scheduled class)

REGISTER BY: Thursday, December 29, 2011 - Cost \$120.75 per class
After December 29 - Cost \$130.75 per class

Each class consists of a 30-minute lesson with an instructor and 30 minutes of practice time in the practice area. Students may be moved to a different level after the first class. Upon testing at the end of the 10 weeks each student will receive a certificate of participation or completion.

BASIC CLASSES -

Learn-to Skate Level 1 - Beginner skaters ages 3+; who have never skated before. Skaters will play games and sing songs as they develop skills needed to balance and move across the ice. Beginner skaters who have minimal skating experience. Skaters will learn the proper way to fall and get up, hopping and how to make A's and V's.

Learn-to Skate Level 2 - Beginner skaters ages 8 and older or skaters who have passed level 1. Skaters will learn forward swizzles, two foot glides, backward wiggle and stops.

Learn-to Skate Level 3 - Skaters must have completed Level 2. Skaters will learn backward swizzles, hockey turns, forward slalom and a semi-spiral.

Learn-to Skate Level 4 - Skaters must have completed Level 3. Skaters will learn backward slalom, one foot glides, 3 step crossovers, backward glides (two feet) and pump circles.

Alpha - Skaters must have completed Level 4. Skaters will learn forward crossovers and the one foot snowplow stop.

Beta - Skaters must have completed Alpha. Skaters will learn backward stroking, backward crossovers and how to make a complete stop on an outside edge.

Gamma - Skaters must have completed Beta. Skaters will learn one foot forward outside 3-turns, inside Mohawk combo right/left and the hockey stop.

Delta - Skaters must have completed Gamma. Skaters will learn forward outside/inside edges on half-circles, one foot forward inside 3-turns, lunge/shoot-the-duck, bunny hop and the glide.

SPECIALTY CLASSES -

Beginning Freestyle Class – Student will learn jumping & spinning. Must be in Beta+ to attend this class.

NEW! Introduction to Team Skating – Introduces synchronized skating skills and steps in a team setting. Skills will be choreographed to music and performed at our Skate with Santa Event and possibly a local competition. Allows skaters to meet new friends, build confidence, and give them an opportunity to perform skills taught in class. Off-ice parents meetings will be held throughout the session. A meeting schedule will be posted the first day of class. Skaters may have periodic off-ice practices after their regular scheduled class. Alpha through Freestyle allowed for registering for this class.

Beginning Mini-Mite Hockey Skating Skills Class – Ages 4+ and helmets required – no sticks or pucks. Basic skills on ice without a stick – falling, marching, gliding, standing up, 1-foot standing balance, beginner swizzles, moving, beginning backward skating, 2-foot glides around cone and snowplow stops.

Intermediate Mini-Mites Hockey Skating Skills Class – Ages 4+ - Building on skills from Beginner Mini-Mites. Learn forward swizzles, forward 1-foot glides, backward swizzles, hockey turns, intro to 1-foot glides around a cone, beginner stride, walking crossovers, beginning slolams.

NEW! Advanced Mini-Mites Hockey Skating Skills Class – Ages 4+ - Review of skills previously presented, advanced stride, beginning crossovers on a circle, backward slolams, backward 1-foot glides, hockey stops, intro to 3-turns and mohawks.

Private lessons – Please speak to the director for more information.

Check out our website at www.Riverbladeskating.com

Questions? Please call 763-232-5195

***** KEEP THIS SHEET FOR YOUR RECORDS *****

RIVERBLADES SKATING SCHOOL REGISTRATION FORM
REGISTER BY: Thursday, December 29, 2011 - Cost is \$120.75 per class
After December 29 - Cost is \$130.75 per class

Last Name: _____ First Name: _____ Age _____

Birth date: ____/____/____ Parents Name: _____

Address: _____

City _____ State _____ Zip Code _____

Home Phone: (____) _____ Cell Phone: (____) _____

E-mail address: _____@_____

(E-mail is important as you will receive registration confirmation & pre-class info)

Emergency Contact _____ Phone #: (____) _____

Please list any special needs or health issues of the student: _____

PLEASE REGISTER MY CHILD FOR: *(each skater must have a separate registration form)*

Learn to Skate Beginner and Fundamental Classes *(check one)*

____ LTS #1 ____ LTS #2 ____ LTS #3 ____ LTS#4

____ Alpha ____ Beta ____ Gamma ____ Delta

Specialty Classes *(check one please)*

____ Beginning Freestyle Class

____ Introduction to Team Skating

____ Mini-Mite Hockey Skating Skills Class

____ Beginner ____ Intermediate ____ Advanced

Make check payable to: **Riverblades Skating School** and mail to: **Amanda Truax**
c/o Riverblades Skating School
P.O. Box 243
Hastings, MN 55033



Winter Session
January 14 – March, 10, 2012

Terms & Conditions - please read entirely, sign and mail this with the registration form.

1. All applicants must pay tuition in advance by the registration due date. A \$10.00 late fee will be assessed if received after the deadline date.
2. Lessons will be given at the place & time indicated on the application. The skating school reserves the right to change the day and or time of the classes if needed. River Blades Skating School may cancel a class due to low attendance. A refund will be given if a class is canceled.
3. Enrollment in a skating class ensures your skater a 30-minute lesson with an instructor and a 30-minute practice time in the designated practice area. Skaters should practice warming up and or reviewing what was taught in class. For every half hour lesson your skater should practice 30-60 minutes per week. Please keep in mind your practice may be before or after your lesson. Check your name tag for your exact practice and lesson time the first day of class.
4. In the event a student is unable to attend their regularly scheduled lesson time a make-up class is allowed if that particular class is offered. There will be no credit or refunds for absences. In any event, all make-up lessons must be made prior to the last day of the term enrollment.
5. Cancellation policy - River Blades Skating School requires a written notice of cancellation by the skaters parent. Refunds will not be given after the 2nd week of classes. A 10 % surcharge will be charged for cancellations. The student named below and their parents or guardian agree that RIVERBLADES SKATING SCHOOL is not responsible for the loss or damage to any personal property or any injury or illness sustained during the activity or caused by any pre-existing condition.

I understand that it is beneficial and a safety precaution for my child to wear a helmet while taking the ice for a lesson or while practicing in the designated practice area. Helmets are strongly suggested and are required for Hockey & Learn to Skate Classes.

I, the undersigned parent or legal guardians of the my child named below, authorize the instructors, coaches or employees of the River Blades Skating School & Hastings Civic Arena to consent to medical dental or surgical examination and/or treatment of the above named participant and, in the case of emergency authorize treatment or care at any hospital.

I understand that my child skates in this class at my own risk and hereby release River Blades Skating School, ISI, the host facility and their officers, directors, instructors, and personnel from all liability. I declare the information above to be true and correct. I do hereby grant and give the skating school the right to use my child's photograph or image with or without my child's name, both single and in conjunction with the other person's or objects for newspaper, flyer's, and website skater photo.

Skater Name: _____

Parents Last Name: _____ First Name _____

Parents Signature _____ Date ____ / ____ / ____



CLASS REMINDERS

- **Need Skates?** Skates are available for rent for a minimal cost at the Hastings Civic Arena and is first-come first-serve. Hockey skates are not recommended for beginner skaters because a skate with a flatter blade and a toe pick are much easier to balance on when learning basic skating skills.
- **Where can I purchase skates?** Play it Again Sports, Westwood Sports in Bloomington, Stillwater Ice Arena has a skate shop that sells figure skates and recreational skates. Call for an appointment for a fitting with Bryan or Doug 651-430-2601.
- **Professional Skate Sharpening** for figure skates is available by Igor 651-336-1037. You may drop off with Amanda and she will have them ready for you the following week at lessons.
- **Please arrive at the arena 15-30 minutes before your scheduled class** and pick up your name tag on arrival at the skate school desk. Your name tag will have a lesson time and a practice time written on it. Keep in mind your practice time may be before or after your lesson. All name tags are color coded and your teacher will have a corresponding colored name tag and color board hanging on the boards in the class area so you're able to find your class. Please return the name tags to the front table if the teacher was unable to collect name tags after class.
- **Use designated locker rooms to put your skates on.**
- **Helmets are highly recommended** for everyone who steps on the ice for Learn to Skate Classes & Hockey Classes-No Sticks or pucks are used for Mini-Mites classes. Bulky equipment is not recommended for Mini-Mite Class. Your skater must be able to move freely sweatpants or Lycra is recommended. Gloves or Mittens required.
- Parents of students in Learn to Skate I are encouraged to skate with their child and in the practice area. Only registered students & one parent of the skater may skate in the practice area.
- **No shoes are allowed on the ice at any time.**
- Parents & skaters please no horseplay in the practice area-your practice time should be spent on what you were taught in class.
- **All skaters will be evaluated** the last day of class. Please attend your last class to receive your evaluation form. Attendance at every class is important for the progression through the levels.
- **Watch for information** on our partnership with Cottage Grove Skating School. They will be inviting us to skate in their annual ice show. Watch for details for this special invitation.
- **Cost of Learn to Skate Classes** is \$120.75 per participant. Cost after January 6, 2012 is \$130.75.