



Ice Skating Lessons

July - Dec 2020 Sessions

- Group lessons once a week
- 30 minute class lesson
- Free skate rental on lesson day (figure or hockey)
- Unlimited free admission to Public Sessions during lesson session
- 3 free guest admission passes
- Each additional family member sign-up will receive a 10% discount
- Ice Sport Industry (ISI) Learn-to-Skate lesson curriculum
- ISI Annual Membership for 7 week sessions
- ISI Tests, Patch and registration included
- Limited enrollment for each level and class day
- Classes are offered: Tues PM & Sat AM

Class Descriptions

Note: There will be a \$15.00 service fee on all refunds.

Tot 1-4 Ages: 3-5	For the young ones! – learn how to march, stand, fall down and get up correctly and safely. Games will be used with emphasis on fun!
Pre-Alpha Ages: 6-14	For the beginner skater. Two-foot glide, one foot glides, forward and backward swizzles and backward wiggles. Emphasis is on gliding forward and backward.
Alpha Ages: 6-14	Forward stroking, forward crossovers and snowplow stop.
Beta Ages: 6-14	Backward stroking, backward crossovers and T-stops (left and right)
Gamma Ages: 6-14	Forward outside three turns, forward inside mohawk combination and hockey stop.
Delta Ages: 6-14	Forward inside three turns, forward edges, lunge or shoot-the-duck (choice of 1) and bunny hop.
Freestyle 1-6 Ages: 6-14	Jumps, spins, spirals, footwork and edges.
Adult / Teen Ages: 15+	Beginning, intermediate and freestyle classes for teens and adults.
Hockey 1 & 2 Ages: All	Basic skating skills, stick & puck handling and hockey drills.

*** Specialty Lessons ***



Private Lessons: Coaches are available for group, semi-private and private lessons, ask for details

Call (817) 419-0095

www.iceattheparks.net