



# Ice Skating Lessons

## 2021 Learn To Skate Class 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 LTS 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&8 week sessions
- ISI Tests, Patch and registration included
- Limited enrollment for each level and class day
- Classes are offered: Tues PM or Sat AM
- Specialty Classes: Wed PM or Sun PM

### 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.



### Session Dates:



**Jan 5 – Feb 21** (Blue, 7 weeks, \$120)

**Feb 23 – Apr 18** (Red, 8 weeks, \$135)

**Apr 20 – Jun 13** (Green, 8 weeks, \$135)

**Jun 15 – Aug 15** (Blue, 8 weeks, \$135)

**Aug 17 – Oct 10** (Red, 7 weeks, \$120)

**Oct 12 – Dec 12** (Green, 8 weeks, \$135)

**Private Lessons:** Coaches are available for Private Lessons, ask for details

**Call (817) 419-0095**

[www.iceattheparks.net](http://www.iceattheparks.net)