

# LEARN TO SKATE

## LEARN TO SKATE MISSION STATEMENT

The Danbury Ice Arena Learn to Skate program offers a variety of classes and levels to suit every skater's needs. Our highly qualified, certified instructors and small class sizes will help every skater progress at his/her own pace.

Danbury Ice Arena follows the Ice Skating Institute Learn to Skate Curriculum. Children and adults begin at the Tot or Pre-Alpha level depending upon their age and ability. Skaters will progress from learning the basics of balance, marching and gliding, and gradually advance to levels where they will learn about crossovers, backwards skating, and even spins and jumps! (Please see the reverse side for a schedule and description of the various levels.)

Upon completion of the Tot 4 and Pre-Alpha levels, skaters may choose to continue their development in the Danbury Ice Arena Hockey or LTS program. Please see your coach or our Skating Director for more information.

## THE A-B-C's of LEARN TO SKATE

All Learn to Skate participants receive public session for FREE for the duration of the session.

Skaters age seven and younger are required to wear a bicycle helmet.

Skaters wearing hockey skates or any skates without a toe pick are required to wear a hockey helmet with a full face shield.

Skate Rental Passes are available for purchase on or before the first day. These can also be used for public sessions.

An athletic waiver must be signed and the session must be paid in full before entering the ice.

The ice is cold all year long, so dress appropriately!

Classes may be combined.

Registrations taken the day classes begin are subject to a \$25.00 late fee.

Make up classes are only available for those with a doctor's note.

There are NO REFUNDS! A credit on file will be issued to those with a doctor's note.

Danbury Ice Arena Figure Skating Department:

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Danbury Ice Arena  
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## Class Semesters Spring/Summer 2017

### WEDNESDAY

Spring 5 April 12th-May 24th 7 Weeks /\$126.00  
Spring 6 May 31st-June 28th 5 Weeks /\$90.00  
Summer 7 July 5th-Aug. 2nd 5 Weeks/\$90.00  
Summer 8 Aug. 9th-Aug. 30th 4 Weeks/\$72.00

### THURSDAY

Spring 5 April 13th-May 25th 7 Weeks /\$126.00  
Spring 6 June 1st-June 29th 5 Weeks /\$90.00  
Summer 7 July 6th-Aug. 3rd 5 Weeks/\$90.00  
Summer 8 Aug. 10th-Aug. 31st 4 Weeks/\$72.00

### SATURDAY

Spring 5 April 15th-May 27th 7 Weeks /\$126.00  
Spring 6 June 3rd-July 1st 5 Weeks /\$90.00  
Summer 7 July 8th-Aug. 5th 5 Weeks/\$90.00  
Summer 8 Aug. 12th-Sept. 2nd 4 Weeks/\$72.00

Freestyle/Ice Dance One Hour Classes 7 Weeks / \$ 192.50

6 Weeks / \$165.00

5 Weeks / \$138.00

4 Weeks / \$110.00

\*Schedule subject to change

\*Skate Rental Passes are now available for the price of \$30 which also includes rental use for any Public Session!

NEW FOR 2017 \*Sign up for a 2nd LTS class and receive 15% off the 2nd registration!! - Ask about this Offer!



# Spring/Summer 2017 Class Schedule



LEARN TO SKATE	WEDNESDAY	THURSDAY	SATURDAY	CLASS DESCRIPTION
<b>HOCKEY LEARN TO SKATE 1, 2 &amp; 3</b>	H3 Beginner-4:30PM H3 Advanced- 5:00PM AGES 10 AND UP Must have skating experience	H1—5:00 PM H2—5:35 PM	H1—12:10 PM H2—12:45 PM	For the beginner hockey skater ages 3 1/2-6. Skaters will learn two foot jumps in place, forward swizzles standing still, single swizzles, beginning two foot glides, backward wiggles, backward swizzles and hockey stops. Skaters must wear hockey skates and a full face shield.
TOT 1	4:30 PM	5:00 PM	11:00AM 11:35AM	For beginners ages 3 1/2-6 years old. Skaters learn the proper way to fall, proper way to get up, marching in a standing position and while moving.
TOT 2	4:30 PM	5:35 PM	11:00 AM	Tot 2 is for the skater who graduates Tot 1. It is for ages 3 1/2-6 years old. Skaters learn the skills of a two foot jump in place, forward swizzle, single swizzle, and begin a two foot glide.
TOT 3	5:00 PM	6:10 PM	11:35 AM	Tot 3 is for the Tot 2 graduate. It is for ages 3 1/2-6 years old. Skaters learn the skills of push and glide stroking, preparation for snowplow stop, dip and forward swizzles.
TOT 4	5:00 PM	6:10 PM	11:35 AM	T-Position and Push (Right & Left) Backward Swizzle, Two-Foot or One-Foot Snowplow stop and backward wiggle.
NEW SKATER	5:00 PM	5:00 PM	11:00AM 12:45PM	Proper way to fall down & get up, march forward across the ice, beginning two-foot glide and dip while moving. Forward swizzle, introduction rocking horse, snowplow stop and backward wiggles introduction.
PRE-ALPHA	5:00 PM	5:00 PM	11:35AM	Two-foot glide, one-foot glide right and left, forward & backward swizzles, backward wiggle, alternating forward 1/2 pumps in a straight line and snowplow stops. Push & glide stroking, forward slalom, Forward pumping on a circle, FOE on circle, FIE on circle, backward 2 ft glide.
ALPHA	4:30 PM	6:10 PM	12:45 PM	For the Pre-Alpha graduates ages 7 and up. Skaters learn the skills of forward Stroking, Forward Crossovers right and left, One-foot snowplow stop backward 1 foot glide and back pumping on a circle.
BETA	4:30 PM	5:35 PM	12:10 PM	The Alpha graduate ages 7 and up. Skaters learn the skills of backward stroking, backward crossover R & L, T-stop right and left, backward snowplow stop and two-foot turn on a circle.
PRE GAMMA	4:30 PM	5:35 PM	12:10 PM	Forward outside 3-turn and forward inside 3-turn introduction, forward inside Mohawk introduction right and left, BO edge to FO edge transition R&L, BI edge to FI edge transition R & L side toe hops
GAMMA	5:00 PM	6:10 PM	12:45 PM	For the Beta graduates ages 7 and up. Skaters learn the skills of RFO 3-turn, LFO 3-turn, RFI Mohawk and LFI Mohawk combination and hockey stop.
DELTA	5:00 PM	6:10 PM	12:45 PM	RFI 3-turn, LFI 3-turn, FO & FI consecutive edges, Shoot the duck or lunge, bunny hop
INTRO TO ICE DANCING				Introductory Steps of Dance
ICE ANGELS	5:40-6:40PM Accepting new members JANUARY 2017			Team Skating using fun music, themes, choreography, costumes and props. Ice Angels perform in Shows and compete in at least 2 competitions per year.
FREESTYLE 1—10		5:35-6:35 PM	12:10-1:10 PM	Compulsory Maneuvers
ADULT LEARN TO SKATE *classes may be combined or cancelled due to enrollment.		5:35 PM	11:35 PM	For the skater ages 18 and older. Skaters learn the skills of forward/backward swizzles, two foot glide, one foot glide, forward C-cuts.
ADVANCED ADULT *classes may be combined or cancelled due to enrollment		6:10 PM	12:10 PM	For the skater ages 18 and older who has completed Adult 1 & 2 requirements. Skaters learn the skills of stroking, forward/backward crossovers, backward C-cuts and snow plow stops.