



**Parents & Skaters:**

Please read and consider the information below regarding progress in group lessons.

**Please remember that each child progresses at their individual rate.**

Individual progress is determined by various factors (i.e. personal desire, age of skater, quantity & quality of practice time, personal fitness level & athletic ability, equipment and other factors).

**Please remember to be positive with your child.**

A positive attitude is very important.

A parent's attitude can have a huge affect on a skaters progress in our classes.

Provide positive feedback to boost self esteem & enjoyment of our classes!

**Group lesson skaters should be focusing on learning skating skills and having fun !**

Most kids enjoy skating so always encourage the fun of learning new things & exercise first. Skill progression is a secondary focus. Progress comes with practice, time & patience.

**Group skaters need to learn that passing a level requires meeting the standards for each level.** Improvement in skill takes time, effort, practice and patience.

**It is normal to repeat a level one or more times.**

Class sessions are 7 weeks in order to flow with the public school calendar and allow breaks for holidays. The Ice House **does not** promise or predict that 7 weeks is the necessary amount of time needed for the average skater to pass a level. Seven lessons is not sufficient in most cases to pass a level above Basic 2.

**The value of group lessons is not fulfilled if instructors are pressured to pass a student to the next level when they have not achieved the standard for the current class level.**

When a skater is pushed forward they do not benefit in the short term or the long term. Further, the skaters in the next level are held back while the instructor tries to improve skills for students who have been moved ahead of their current skating ability.



7201 Ogden Business Lane  
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# Basic Skills Classes

**Group Lessons Begin  
Monday - September 14, 2009**

*Build your skills in our  
"Learn to Skate Classes"*

Skating can be great fun & family time !

**The best way to learn classes for:**

Pre-school children (ages 3-5yrs.)

Recreational Skaters

Beginning Figure Skaters

Beginning Hockey Skaters

Beginning Adult Skaters

**Karen Butler** (910) 686-1987  
Skate School Director / Ice Scheduling

**Fall 2009 (September - December)**

**Classes Begin on Monday - September 14, 2009**

**Fall Session 1    Sept. 14, 21, 28    Oct. 5, 12, 19, 26**

**Fall Session 2    Nov. 2, 9, 16, 23, 30    Dec. 7, 14**

## **Skaters Ages 6 and above**

### **Basic Skills –Levels 1-8**

**\$130.00 (7 classes) - POS # 675**

*Practice Punch Card Included = 7 Free Public Sessions*

- **Skates & Practice Punch Card Included !**
- **Each level meets for a 30 minute lesson for 7 weeks.**
  - **Skaters may wear their own helmet if they wish.**
- **Classes that meet in the first 30 min. practice after their lesson.**
- **Classes that meet in the second 30 min. practice before their lesson.**

*Our Basic Skills classes cover Beginner through Advanced skills.*

*The “Basic Eight” classes will teach the foundation needed for any skater who wants to be a strong Recreational, Figure or Hockey skater.*

*Begin your skating hobby in our group classes and decide which discipline of skating you want to excel in after you have a strong foundation.*

*“Basic Eight” classes are for skaters ages 6 and above.*

**Basic 1            Lesson 5:45 - 6:15 pm (practice after lesson)**  
**Basic 3            Lesson 5:45 - 6:15 pm (practice after lesson)**  
**Basic 4            Lesson 5:45 - 6:15 pm (practice after lesson)**

**Basic 2            Lesson 6:15-6:45 pm (practice before lesson)**  
**Basic 5 & 6       Lesson 6:15-6:45 pm (practice before lesson)**  
**Basic 7 & 8       Lesson 6:15-6:45 pm (practice before lesson)**

#### **Freeskate 1 & 2**

**Lesson 6:15-6:45 pm (practice before lesson)**

*For further information, details, and/or concerns, contact*

**Karen Butler: Skating Director / Ice Scheduling**

**Rink Phone: 910-686-1987**

**email: k.butler@icehouserinks.com**

***Note:** Minimum enrollment required for all classes. Classes may be combined.*

*Please contact the skating director if your skater/s has an injury or illness during the class session.*

***Note:** All levels may take more than one set of lessons to pass all of the skills.*

## **Fun on Ice for our little skaters!**

### **Skaters Ages 3-5 yrs.**

*(All children must be 3 years old on the first day of class or before)*

### **“Snow Plow Sam” Classes**

**\$130.00 (7 classes) - POS # 675**

**“Snowplow Sam” Level 1 (ages 3 - 5 yrs.)** First time skaters

**“Snowplow Sam” Levels 2 & 3 (ages 3 - 5 yrs.)** Returning Skaters

***Class is designed especially for pre-school age children.***

Your little skater will learn basic skating skills using games, toys, music, etc... The first class will begin with an introduction off ice and a short period on ice.

**Snow Plow Sam - Level 1** Children will learn how to stand on the ice on their own, march on the ice, fall down safely and return to a standing position on their own or with assistance.

#### **Snow Plow Sam –Level 1**

**Monday 5:45-6:15 pm : First 30 minutes of class time**

**“Practice Time” at the end of the rink after lesson (6:20 –6:55 pm)**

**Snow Plow Sam - Level 2** Skaters continue to gain confidence on the ice. Skaters improve skills, endurance and speed on the ice. New skills are introduced as appropriate.

#### **Snow Plow Sam –Level 2 & 3**

**Monday 6:15-6:45 pm : Second 30 minutes of class time**

**“Practice Time” at the end of the rink before lesson (5:45-6:15 pm)**

- Please wear **gloves** or (mittens for smaller children)!
- **Comfortable clothing**, sweat shirt or jacket to keep warm.
- **Thin socks** - so that skates can fit closely to foot size!
  - Wear your own helmet if you like.

## **Adult Workshops**

**\$130.00 (7 classes) - POS # 5399**

*Adult Beginners to Advanced*

**Sign up with your child and receive a 25% Discount!**

**Monday 5:45-6:15 pm:** Beginner Adult Lesson (Practice afterwards)

**Monday 6:15-6:45 pm:** Advanced Adult Lesson (Practice before)

- **Learn to Skate with your child !**
  - 1 hour of skate time each week - 30 min. lesson, 30 min. to practice!
    - Learn to skate & improve fitness.
  - Skating can be great family time on weekly public sessions !