

Learn To Skate Class Requirements

TOT - BEGINNER 3 - 5 YEARS.

PRE ALPHA - BEGINNER 6 & UP - Prerequisite: No previous skating experience. Skills: Forward stroking, one foot glide (right & left), snow plow stop, forward swizzles, dip, backward wiggles, forward pumps.

ALPHA - Prerequisite: Passed Pre alpha. Skills: One foot glide (right & left), forward stroking, snow plow stop, backward swizzles, forward crossovers (right & left), back pumps (right & left).

BETA - Prerequisite: Passed Alpha. Skills: Backward stroking, T-stop (right & left), backward swizzles, backward crossovers (right & left), 2 foot turns.

GAMMA - Prerequisite: Passed Beta. Skills: Hockey stop, outside three turn (right & left), Mohawk sequence (right & left), 2 foot edges.

DELTA - Prerequisite: Passed Gamma. Skills: Inside three turn (right & left), back three turn (rights & left), bunny hop, lunge, forward edges (outside & inside), back edges (right & left).

FREESTYLE I - Prerequisite: Passed Delta. Skills: Two foot spin, forward inside pivot, one half flip, waltz jump, forward spiral, back outside edges, back inside edges, full rotation jump, back double three (right & left).

FREESTYLE II - Prerequisite: Passed Freestyle I. Skills: One foot spin, one-half toe walley, ballet jump, spiral (right & left), half lutz, bell waltz jump, waltz jump back three, dance step.

FREESTYLE III - Prerequisite: Passed Freestyle II. Skills: Change foot spin, toe loop/toe walley, salchow jump, backward spiral, back inside pivot, back outside pivot, axel once around, dance step.

FREESTYLE IV - Prerequisite: Passed Freestyle III. Skills: Sit spin, flip jump, loop jump, backward spiral (right & left), one-half loop jump, axel once around, dance step.

FREESTYLE V - Prerequisite: Passed Freestyle IV. Skills: Camel spin, spin combination, back scratch spin, lutz jump, axel jump, loop-loop combination jump, flip-loop combination jump, dance step.

FREESTYLE VI & UP - Prerequisite: Passed Freestyle V. Skills: Double jumps & combination spins

TEEN BEGINNER - Ages 12-17 Pre-requisite: No previous skating experience. Bring your friends and learn to skate in a more mature environment.

ADULTS - Prerequisite: No previous skating experience. Adults, beginner to advanced, learn at their own pace.

POWER CLASSES - All Ages - Besides learning skills like jumps and spins, skaters need to develop power, quickness and speed at increasing amounts with each graduation in level. This class focuses on that element of developing the skater.

Introduction to Power (Delta-FS2 Subject to Instructor Approval)

Power - The Next Step (FS3-5 Subject to Instructor Approval)

Advanced Power -(Skating Director Approval Only)

Figure Skating School Presents SUMMER CAMP 2010

9 Weeks

June 14 - August 13

3 Days/Week

MWF

9:00am-3:30pm

All levels welcome/Tracks for Beginners-Advanced

RMPD Summer Skating Camp is for recreational and competitive skaters alike. Our camp includes an exciting array of speciality classes and activities both on and off the ice. Instructed by experienced national USFA and PSA accredited coaches, this skating curriculum will help skaters to reach their full potential.

CAMP FEATURES

- Off ice warm up and goal setting
- On ice stroking and power class
- Off ice dance, conditioning and flexibility class
- On ice speciality classes (i.e. Annie's edges, Jump Technique, Spin, Style)
- Freestyle practice ice
- Assorted extra activities
- Skaters will be monitored on and off the ice
- Free participation in end of summer exhibition

Specific classes subject to change based on enrollment. Additional practice ice and classes may be purchased from the full summer schedule (available separately). Before or after care is available for campers in need of a longer day. Skaters requiring a five day per week program or for any further information, please contact Leanne Walsh at lwash@rmparks.org or 847/818-3210.

Early Registration now - March 20.

R/NR Rate \$675.

Price will increase March 21 and May 1.

Can't commit to a camp program?

The Figure Skating School offers a wide variety of the programs included in the camp as ala carte options. Flyers with these programs will be available May 1, 2010



School of Skating Instruction

Registration May 3

Our Learn - to - Skate program follows the guidelines as set down by the Ice Skating Institute of America. Classes for the beginner through the advanced skater are offered. This system provides a yard stick for all skaters and is geared to the interest of the recreational skater. All instructors are qualified professionals trained in I.S.I.A. techniques. For more information or questions contact the Ice Arena Office, 847/818-3210.

Two make up classes are allowed during the Summer; you must check in with the office.

CODE	CLASS	DAYS	DATE	TIME	RES/EGPD	NR	PAL	AHPD
11-6100-4-1-1	TOT	Mon.	6/14-8/9	4:00-4:30pm	\$72	\$82	\$76	\$77
11-6100-4-1-5	TOT & PRACTICE	T./Th.	6/15-8/12	12:50-1:30pm	\$102	\$112	\$106	\$107
11-6100-4-1-14	TOT	Fri.	6/18-8/13	6:25-6:55pm	\$72	\$82	\$76	\$77
11-6100-4-1-6	TOT	Sat.	6/19-8/14	9:40-10:10am	\$72	\$82	\$76	\$77
11-6100-4-1-7	TOT	Sat.	6/19-8/14	10:10-10:40am	\$72	\$82	\$76	\$77
11-6200-4-1-1	PREALPHA	Mon.	6/14-8/9	4:00-4:45pm	\$83	\$93	\$87	\$88
11-6200-4-1-4	PREALPHA	Tues.	6/15-8/10	4:00-4:45pm	\$83	\$93	\$87	\$88
11-6200-4-1-2	PREALPHA	Fri.	6/18-8/13	6:25-7:10pm	\$83	\$93	\$87	\$88
11-6200-4-1-6	PREALPHA	Sat.	6/19-8/14	9:40-10:25am	\$83	\$93	\$87	\$88
11-6300-4-1-1	ALPHA	Mon.	6/14-8/9	4:00-4:45pm	\$83	\$93	\$87	\$88
11-6300-4-1-4	ALPHA	Tues.	6/15-8/10	4:00-4:45pm	\$83	\$93	\$87	\$88
11-6300-4-1-2	ALPHA	Fri.	6/18-8/13	6:25-7:10pm	\$83	\$93	\$87	\$88
11-6300-4-1-6	ALPHA	Sat.	6/19-8/14	9:40-10:25am	\$83	\$93	\$87	\$88
11-6400-4-1-3	BETA	Tues.	6/15-8/10	4:00-4:45pm	\$83	\$93	\$87	\$88
11-6400-4-1-1	BETA	Fri.	6/18-8/13	6:25-7:10pm	\$83	\$93	\$87	\$88
11-6400-4-1-4	BETA	Sat.	6/19-8/14	9:40-10:25am	\$83	\$93	\$87	\$88
11-6500-4-1-3	GAMMA	Tues.	6/15-8/10	4:00-4:45pm	\$83	\$93	\$87	\$88
11-6500-4-1-1	GAMMA	Fri.	6/18-8/13	6:25-7:10pm	\$83	\$93	\$87	\$88
11-6500-4-1-4	GAMMA	Sat.	6/19-8/14	9:40-10:25am	\$83	\$93	\$87	\$88
11-6600-4-1-2	DELTA	Tues.	6/15-8/10	4:00-4:45pm	\$83	\$93	\$87	\$88
11-6600-4-1-1	DELTA	Fri.	6/18-8/13	6:25-7:10pm	\$83	\$93	\$87	\$88
11-6600-4-1-3	DELTA	Sat.	6/19-8/14	9:40-10:25am	\$83	\$93	\$87	\$88
11-6700-4-1-1	FREESTYLE 1	Fri.	6/18-8/13	5:40-6:25pm	\$92	\$102	\$96	\$97
11-6700-4-1-2	FREESTYLE 1	Sat.	6/19-8/15	10:30-11:15am	\$92	\$102	\$96	\$97
11-6700-4-1-3	FREESTYLE 2	Fri.	6/18-8/14	5:40-6:25pm	\$92	\$102	\$96	\$97
11-6700-4-1-4	FREESTYLE 2	Sat.	6/19-8/13	10:30-11:15am	\$92	\$102	\$96	\$97
11-6700-4-1-5	FREESTYLE 3	Fri.	6/18-8/12	5:40-6:25pm	\$92	\$102	\$96	\$97
11-6700-4-1-6	FREESTYLE 3	Sat.	6/19-8/14	10:30-11:15am	\$92	\$102	\$96	\$97
11-6700-4-1-10	FREESTYLE 4	Wed.	6/16-8/11	3:15-4:00pm	\$99	\$109	\$103	\$104
11-6700-4-1-11	FREESTYLE 5	Wed.	6/16-8/11	3:15-4:00pm	\$99	\$109	\$103	\$104
11-6700-4-1-9	FREESTYLE 6-10	Wed.	6/16-8/11	3:15-4:00pm	\$99	\$109	\$103	\$104
11-6700-4-1-12	FREESTYLE 4	Sat.	6/14-8/14	11:25am-12:10pm	\$99	\$109	\$103	\$104
11-6700-4-1-13	FREESTYLE 5	Sat.	6/14-8/14	11:25am-12:10pm	\$99	\$109	\$103	\$104
11-6700-4-1-14	FREESTYLE 6-10	Sat.	6/14-8/14	11:25am-12:10pm	\$99	\$109	\$103	\$104
11-6800-4-1-2	TEEN BEG & ADULTS	Sat.	6/14-8/14	8:55-9:40am	\$83	\$84	\$78	\$79

Please note: Sign up for all power classes on the summer skating school registration form.

Skate Rental (per day) \$3.00

Skate Rental Card \$18.00

Skate Rental Card (T&Th Tot Class) \$31.50

