

## **YOUTH SKATING LESSONS**

Ages 4 and older

8 - 30 minute lessons, practice time and a pass to open skating sessions.

Fee: \$70.00 (Richfield residents will receive a \$5.00 discount).

Rental skates available for \$1.00 during lessons. We recommend that participants eventually have their own skates that fit properly. During Open Skating rental skates are \$2.50.

We encourage the participants to use the open skating pass to practice and improve their skating skills. The pass is valid for only one persons admission at an open skating session.

### **SATURDAY CLASSES:**

Fall Session: Sept 25 – Nov 13, 2010  
Winter Session: December 4 – Feb 5, 2011  
(No class Dec 25 & Jan 1)  
Spring Session: Feb 12 – April 2, 2011

10:00 - 10:30 am Pre Beginner & Level 1  
10:30 - 11:00 am Beginners & Level 2  
11:00 - 11:30 am Pre Beginner & Level 3 & 4  
11:00 – 11:30 am Adults  
11:30 - 12:00 pm Level 5-8 & Freestyle

### **SUMMER CLASSES:**

Tuesday June 7 – August 2, 2011

(no class July 5)

5:30 - 6:00 pm Pre Beginner, Beg. & Level 1  
6:00 - 6:30 pm Level 2, 3 & 4  
6:30 - 7:00 pm Level 5, 6, 7/8 & Freestyle

### **REGISTRATION**

Registrations are accepted on a first come basis and begin 6 weeks prior to the start of each session.

**Visa/Master/Discover/Novus  
credit cards accepted**

## **ICE SHOW**

The annual Spring Ice Show will be Saturday, April 2, 2011. The show includes skating school participants and guests from the St. Paul Figure Skating Club.

Participants are expected to be enrolled in the spring skating lessons. There is a registration fee that includes 2 complimentary tickets for the ice show, costumes, 4 practice sessions and dress rehearsal Friday, April 1.

Registration forms for the ice show will be available in January. **Registration deadline is Saturday, February 26, 2011** in order to ensure costumes completed in time for ice show pictures.

### **Description of some skills taught at each level.**

*Pre-Beginner classes may have up to 10 students per instructor, other classes may have up to 12 students.*

### **PRE-BEGINNERS (ages 4 & 5 unable to skate)**

1. Stand on skates
2. Move across ice
3. Dip in place

### **BEGINNER (ages 6 or able to move across ice)**

1. Glide on skates
2. Dip in place
3. Snowplow stop

### **LEVEL 1 (Completed Beginner skills)**

1. Two foot glide
2. Glide forward on two feet and dip
3. Forward two-foot swizzles 6-8 in a row
4. Backward wiggles 6-8 in a row
5. Snowplow stop (two foot)

### **LEVEL 2**

1. Continuous forward & backward slalom
2. Backward two-foot glide
3. Forward one-foot glide
4. Two-foot turn from forward to backward
5. Backward 2 foot swizzles 6-8 in a row

### LEVEL 3

1. Forward stroking showing correct use of blade
2. Forward & backward one-foot pumping
3. on circle
4. Forward to backward 2-foot turn on circle
5. Backward 1 foot glide R & L
6. Two foot spin, 2 revolutions

### LEVEL 4

1. Forward outside & inside edges, R & L
2. Forward crossovers, both directions
3. Backward snowplow stop
4. Forward outside 3 turn R & L

### LEVEL 5

1. Back outside & inside edges R & L
2. Back crossovers, both directions
3. T-stop, R & L
4. One foot spin, 3 revolutions

### LEVEL 6

1. Forward inside 3 turn R & L
2. Hockey stop
3. Bunny hop
4. Spiral & lunge R & L

### LEVEL 7 & 8

1. Forward inside mohawk
2. Moving forward outside & inside 3 turns
3. Ballet jump and waltz jump
4. Forward inside pivots
5. Beginning scratch spin

### FREESTYLE I

1. Advanced forward stroking
2. Scratch spin from back crossovers
3. Waltz jump from back crossovers
4. ½ flip
5. Back outside 3 turn R & L

### FREESTYLE 2

1. Forward outside & inside spirals R & L
2. Toe loop
3. Waltz threes R & L
4. Beginning back spin, 1-2 revolutions

### ADVANCED FREESTYLE

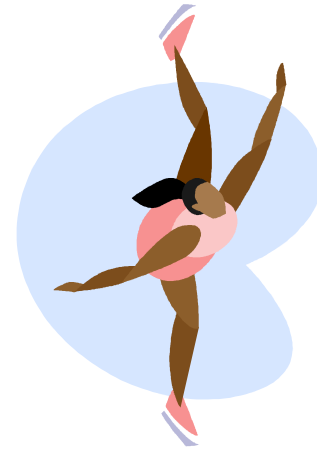
1. Loop, flip & lutz jumps
2. Sit spin, camel spin, back spin
3. Footwork
4. Jump combinations

**RICHFIELD ICE ARENA**  
**636 East 66<sup>th</sup> Street**  
**Richfield, Minnesota 55423**



# FALL 2010 - SUMMER 2011

## RICHFIELD SKATING SCHOOL



**636 East 66th Street**  
**Richfield, Minnesota 55423**  
**(612) 861-9351**  
**Fax (612) 861-9353**  
**[www.cityofrichfield.org/recreation](http://www.cityofrichfield.org/recreation)**

**2010 - 2011 SKATING LESSON MAIL IN REGISTRATION FORM**  
**MAIL TO: Richfield Ice Arena, 636 East 66th Street, Richfield, MN 55423**

NAME \_\_\_\_\_ HOME PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ GENDER: MALE \_\_\_\_\_ FEMALE \_\_\_\_\_ FEE \_\_\_\_\_

CLASS \_\_\_\_\_ STARTING DATE \_\_\_\_\_ TIME \_\_\_\_\_

Credit Cards. . . Visa \_\_ Master \_\_ Discover \_\_ Novus \_\_ Card No. \_\_\_\_\_ Exp. date \_\_\_\_\_

The undersigned understands that participation in this activity is completely voluntary and that the activity is being offered for the benefit of the participant. The undersigned agrees that the city shall not be liable for any claims, injuries, damages, of whatever nature incurred by the participant due to the passive or active negligence of the city, its agents or employees, arising out of, or connected with, the activity. On behalf of himself/herself and the participants, the undersigned expressly forever releases and discharges the city, its agents or employees, from any such claims, injuries, or damages.

\_\_\_\_\_ Dated \_\_\_\_\_ Parent/Guardian/Participant \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_