



International Skating Center of Connecticut's

Learn to Skate Program

Spring (March & April) 2008

<u>Classes Offered</u>	<u>Day</u>	<u>Time</u>	<u>Dates of Classes</u>
Kids Class	Friday	1-2pm	March 7, 14, 28, April 4,11,18,25, May 2
Learn to Skate	Thursday	4:50-5:50pm	March 6, 13, 27, April 3,10,17,24, May 1
Learn to Skate	Saturday	9-10am	March 8, 15, 29, April 5, 12, 19, 26, May 3
Learn to Skate	Sunday	4-5pm	March 9, 16, 30, April 6, 13, 20, 27, May 4
Freestyle & Adult Workshop	Saturday		March 8, 15, 29, April 5, 12, 19, 26, May 3
		Off - Ice 9:30-10am On - Ice 10:15-11:05am	
	Sunday		March 9, 16, 30, April 6, 13, 20, 27, May 4
		Off - Ice 4:30-5pm On - Ice 5:10-6pm	
Adults Only Skating Workshop	Sunday	6:00-7:00pm	March 9, 16, 30, April 6, 13, 20, 27, May 4

Program Information

Kids Class

Kids Class is for younger children as well as home schooled children. We recommend that children be at least 3 years old to begin group skating lessons. Each class consists of 30 minutes of group instruction and 30 minutes of open practice. Skate rentals are included for all Kids Class skaters. Helmets are highly recommended. Remember to dress warmly.

Learn to Skate

Learn to Skate is for all ages – adults too! Each class consists of 30 minutes of group instruction and 30 minutes of open practice. Skate rentals are included for all Learn to Skate skaters. Helmets are highly recommended. Remember to dress warmly.

Freestyle & Adult Workshop

Freestyle & Adult Workshop is for skaters who have passed through Basic 6. Class consists of 50 minutes on ice group instruction divided into children as well as adult groups based on the level working on. Prior to the on ice instruction there will be 30 minutes of off ice group instruction held upstairs in Studio 202. Off ice classes consist of dance, conditioning, strengthening and jump instruction taught by certified fitness instructors and figure skating coaches. Please have participants wear sneakers for off ice class.



Adults Only Skating Workshop

Adults only skating workshop is designed for adults to learn to skate and sharpen their current skating skills in a group setting. Each class will consist of 45 minutes of group instruction followed by 15 minutes of open practice time. Classes will be divided based on level working on. Adults of all skating levels are encouraged to attend.

Private Lessons

Students may have a private lesson coach for an additional fee during the open practice time, during ISCC's Open Freestyle session or Public Sessions (ice time paid at the front desk.). Private lessons are available by inquiring with the Learn to Skate Director or asking a specific coach directly. All private lesson fees are paid directly to the coach.

Learn to Skate Program Mission and Goals

Our goal is to teach the fundamentals of skating using a variety of safe and enjoyable instructional techniques. ISCC uses the US Figure Skating's Basic Skills Program designed to take skaters from beginner to advanced classes.

The Learn to Skate Program strives to develop strong basic skating skills (i.e. forward & backward skating, edges, turns, basic spins & jumps,) self-confidence and encourages participation at recreational level. Learn to Skate provides exercise and enjoyment for the whole family.

Learn to Skate Policies and Procedures

There are no refunds given once a skater is registered. If a skater withdraws from the program, ISCC will issue a credit for classes not attended.

Students may join a class at anytime, provided there is room in the class. If a skater joins after the session has begun, fees are pro-rated. You may not pro-rate the original fee if you know that you will be missing a class for any reason. If you need to make up a missed class, you may do this during the same session as the missed class. Make up class credit may not be carried over to another session.

All skaters in the International Skating Center of Connecticut's Learn to Skate program must be current members of the United Figure Skating Association. This membership renews annually. The membership year is September 1, 2007 to August 31, 2008. The fee for this membership is \$20 per skater.

Skaters will be tested throughout the session to determine their proper level. Sometimes, skaters will need to repeat a level to better prepare them for more difficult levels.

Throughout the year, ISCC may offer special events for skaters in our Learn to Skate Program like exhibitions, recitals, competitions, etc. ISCC reserves the right to use a portion of the class time for demonstrations or clinics.

Please register one week prior to class starting. Walk on's are permitted on a class by class basis provided there is room in the class. **The fee for walk on for Kids Class and Learn to Skate Class is \$19. The Fee for walk on for Freestyle & Adult Workshop is \$25.**

International Skating Center of Connecticut

Attn: Learn to Skate

1375 Hopmeadow Street, P.O. Box 577

Simsbury, CT 06070

**For more information, please call Shannon Pastizzo,
Learn to Skate Director, 860-651-5400 ext.11**