

ICE SKATING PARENTS FAQ'S

Q. How do I support my child?

A. Be on time and prepared for your lessons, encourage your skater to practice and be positive! If your child enters a competition, remember to teach them good sportsmanship regardless of the result.

Q. Which coach is right for my child?

A. Some things to look for in a coach are personality, teaching style, teaching experience, skating background and technical know how.

Q. What should my child wear?

A. Rinks are chilly so dress them in layers of comfortable warm clothing that allow for movement. Always remember, gloves or mittens. Hats and safety approved helmets are encouraged for all children.

Q. What size rental skate should I get?

A. Rental skates should be the same size as your shoes or one size smaller.

Q. When do I buy skates?

A. You can invest in your own equipment at any time. Please see our Pro Shop for more information.

Q. Can I get used skates?

A. Yes, however skates usually conform to the foot of the owner so be sure they are fitted properly before spending too much money on something that might not be right for your skater.

Q. How do I tie skates?

A. Tie your skates from the toes up through the bottom hooks and lace them looser as you progress to the top hooks to provide for enough circulation and appropriate ankle flexibility.

Q. How much should my child practice?

A. Practice and dedication are keys to success. Rule of thumb is to practice 2-3 times for every lesson if possible. Practice = Perfect!

GO TO THE PARENTS PAGE OF THE BASIC SKILLS WEB SITE TO FIND ANSWERS YOU ARE LOOKING FOR

WWW.USFIGURESKATING.ORG/PROGRAMS.ASP?ID=306

LEARN TO SKATE LEARN TO PLAY HOCKEY

For Trial Lessons & Introductory Packages
Please fill out separate flyer/registration form

GROUP LESSONS

Group Lessons (Half Hour Once a Week)
Includes Public Session the day of your lesson
Tues. 3pm—5pm, Fri. 3pm—5:20pm,
Sat. 12:45pm—2:15pm, Sun. 12:45pm—2:15pm

CLASS TIMES

<i>Snow Plow Sam through Basic 8, Adult, Basic Hockey & Free Skate 1-6</i>	
All Levels & Basic Hockey	Tuesdays @ 5:10pm
All Levels & Basic Hockey	Fridays @ 5:30pm
Snow Plow Sam 1, 2, 3, Basic 1, 2	Tuesdays @ 10am <i>(Snow Plow 1-3 only)</i> Saturday or Sunday @ 11:30am
Basic 3, 4, 5, 6, 7, 8 & Adult	Saturday or Sunday @ 12pm

Free Skate Classes—Do Not Include Public Session
All 45 min. classes are an additional \$25
Tuesdays @ 5:10pm (30min.)
Fridays @ 5:30pm (45min.)



US FIGURE SKATING®
Basic Skills Program



SESSION DATES

Session 1
Tuesdays Sept. 20, 27 Oct. 4, 11, 18, 25 Nov. 1 (7 weeks) = \$175
Fridays Sept. 23 Oct. 7, 14, 21, 28 Nov. 4 (6 weeks) = \$150
Saturdays Sept. 24 Oct. 1, 8, 15, 22, 29 Nov. 5 (7 weeks) = \$175
Sundays Sept. 25 Oct. 2, 9, 16, 23, 30 Nov. 6 (7 weeks) = \$175

Session 2
Tuesdays Nov. 8, 15, 22 29 Dec. 6, 13, 20 (7 weeks) = \$175
Fridays Nov. 18 Dec. 2, 9, 16, 23 (5 weeks) = \$125
Saturdays Nov. 12, 19 Dec. 3, 10, 17 (5 weeks) = \$125
Sundays Nov. 13, 20 Dec. 4, 11, 18 (5 weeks) = \$125

Session 3
Tuesdays Jan. 3, 10, 17, 24, 31 Feb. 7, 14 (7 weeks) = \$175
Fridays Jan. 6, 20, 27 Feb. 3, 10, 17 (6 weeks) = \$150
Saturdays Jan. 7, 21, 28 Feb. 4, 11 (5 weeks) = \$125
Sundays Jan. 8, 22, 29 Feb. 5, 12 (5 weeks) = \$125

Session 4
Tuesdays Feb. 28 Mar. 6, 13, 20, 27 Apr. 10, 17 (7 weeks) = \$175
Fridays Mar. 2, 9, 16, 23, 30 Apr. 13, 20 (7 weeks) = \$175
Saturdays Mar. 3, 10, 17, 24, 31 Apr. 14, 21 (7 weeks) = \$175
Sundays Mar. 4, 11, 18, 25 Apr. 1, 15, 22 (7 weeks) = \$175

Session 5
Tuesdays Apr. 24 May 1, 8, 15, 22, 29 June 5, 12 (8 weeks) = \$200
Fridays Apr. 27 May 4, 11, 18, 25 June 1, 8, 15 (8 weeks) = \$200
Saturdays Apr. 28 May 5, 12, 19 June 2, 9, 16 (7 weeks) = \$175
Sundays Apr. 29 May 6, 13, 20 June 3, 10, 17 (7 weeks) = \$175

No Make-Ups ~ No Switching ~ No Refunds
No Exceptions!

2011-2012 REGISTRATION FORM

Level: _____ Day: _____

Session: 1 2 3 4 5

Name: _____

Age: _____ DOB: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Cell: _____

E-mail: _____

Parents / Guardian Signature: _____

The above named shall hold the Brewster Ice Arena, Southeast Sports Complex, their officers, employees, and volunteers harmless from and against any and all liability, loss, expenses (including attorney fees) or claims for injury or damage arising from participation in any programs and/or related activities. Under N.Y. State Law, a skater assumes the inherent risks of skating. N.Y.S. Law imposes a duty on you to understand these risks. If you are not willing to assume these risks then skating at the Brewster Ice Arena is PROHIBITED.

PAYMENT INFORMATION

Enclosed Amount: \$ _____

Visa/MC #: _____ Exp: _____

Circle: _____ Check _____ Cash _____

Office Use Only: Payment Taken By: _____

BREWSTER ICE ARENA



2011-2012

GROUP LESSONS

LEARN TO SKATE

AND

PLAY HOCKEY

63 Fields Ln. Brewster, NY 10509
brewstericearena.com
Ph. 845-279-2229 Fax 845-279-7237



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PROGRAM OVERVIEW



U.S. Figure Skating Basic Skills Program Snow Plow Sam Program

The Snow Plow Sam levels are designed to help the preschool-age skater develop preliminary coordination and strength to maneuver on the ice. Snow Plow Sam is a big, fuzzy polar bear who loves to skate. Time with Snow Plow Sam will allow preschool children to be comfortable on the ice.



Snowplow Sam 1

1. Sit and stand up with skates on – off ice
2. Sit and stand up – on ice
3. March in place
4. March forward – 8-10 steps
5. March, then glide on two feet
6. Dip in place



Snowplow Sam 2

1. March followed by a long glide
2. Dip while moving
3. Backward wiggles – six in a row
4. Forward two-foot swizzles – 2-3 in a row
5. Rocking horse – one forward, one backward swizzle action
6. Two-foot hop in place



Snowplow Sam 3

1. Forward skating – 8-10 steps
2. Forward one-foot glide – R and L
3. Forward swizzles – 4-6 in a row
4. Backward swizzles – 4-6 in a row
5. Forward snowplow stop with skid
6. Curves

U.S. Figure Skating Basic Skills Program Basic Skills 1-8

The "basic skills" are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have a basic knowledge of the sport, enabling them to advance to more specialized areas of skating.



Basic 1

1. Sit on ice and stand up
2. March forward across the ice
3. Forward two-foot glide
4. Dip
5. Forward swizzles – 6-8 in a row
6. Backward wiggles – 6-8 in a row
7. Snowplow stop
8. Rocking horse – 2-3
9. Two-foot hop in place (optional)



Basic 2

1. Forward one foot glides – R and L
2. Backward two-foot glide
3. Backward swizzles – 6-8 in a row
4. Two-foot turn from forward to backward in place
5. Moving snowplow stop
6. Forward alternating half swizzle pumps, in a straight line (slalom-like pattern)



Basic 3

1. Forward stroking, showing correct use of blade
2. Forward half swizzle pumps on a circle – 6-8 consecutive clockwise and counterclockwise
3. Moving forward to backward two-foot turn – clockwise and counterclockwise
4. Backward one-foot glides – R and L
5. Forward slalom
6. Two-foot spin – up to two revolutions



Basic 4

1. Forward outside edge on a circle – R and L
2. Forward inside edge on a circle – R and L
3. Forward crossovers, clockwise and counterclockwise
4. Forward outside three-turn, R and L from a stand-still position
5. Backward half swizzle pumps on a circle, clockwise and counterclockwise
6. Backward stroking
7. Backward snowplow stop – R and L



Basic 5

1. Backward outside edge on a circle – R and L
2. Backward inside edge on a circle – R and L
3. Backward crossovers, clockwise and counterclockwise
4. Beginning one-foot spin – up to three revs, optional entry and free-foot position
5. Hockey stop
6. Side toe hop – both directions



Basic 6

1. Forward inside three-turn – R and L from a standstill position
2. Moving backward to forward two-foot turn on a circle, clockwise and counterclockwise
3. T-stop – R or L
4. Bunny hop
5. Forward arabesque/spiral on a straight line – R or L
6. Forward lunge – R or L



Basic 7

1. Forward inside open Mohawk from a standstill position – R to L and L to R
2. Backward outside edge to forward outside edge transition on a circle – R and L
3. Baller jump – R and L
4. Backward crossovers to a backward outside edge glides (landing position), clockwise and counterclockwise
5. Forward inside pivots – R or L



Basic 8

1. Moving forward outside three-turn on a circle – R and L
2. Moving forward inside three-turn on a circle – R and L
3. Combination move: Forward crossovers (2) into forward inside Mohawk, cross behind, step into backward crossover (1) and step to forward inside edge
4. One-foot upright spin, optional entry and free-foot position
5. Waltz jump
6. Mazurka – R and L

FREE SKATE 1-FREE SKATE 6

Upon completion of Basic 8: Designed to give skaters a strong foundation on which to build up their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport.

ADULTS

Designed for the beginner adult skater. It will promote physical fitness and improve balance and coordination while learning proper skating techniques.

BASIC HOCKEY

Ages 5-12: Dressed in full hockey equipment this class is designed to teach the fundamentals of hockey. Skaters will learn how to maneuver and be agile on the ice. Proper skating techniques are the primary focus.

*For Weekend Classes see
Future Rangers Flyer*