



2011 SKATE SCHOOL CLASS SCHEDULE AND FEES

Session #1 Aug. 29 - Oct. 23 (8 weeks)

Session #2 Oct. 24 - Dec. 24 (8 weeks) no classes 10/31 - 11/06 or 11/24 (makeup 11/26)

Session #3 Jan. 2 - Mar. 4 (8 weeks) no classes 2/06 - 2/12

- Annual \$15 USFS membership fee due for any new skater to the Silver Leafs Basic Skills Program. All skaters must renew current USFS memberships.
- All Snowplow Sam-Basic 8 classes include a free scheduled practice time.
- Skaters may also purchase Contract Ice to practice. Check at front counter for schedule and fees.

Winter Break Camp

Tuesday, December 27 and Thursday, December 29, 2011
9:00am-Noon

USFS and ISI Synchronized Skating Teams

The Silver Leafs teams compete locally and nationally and have brought home numerous championships.

Holiday Showcase Recital—December 18, 2011

Annual Spring Show—May 4-6, 2012
Our Spring Ice Show is like no other with glamorous costumes, spectacular lighting, and full curtain and sets.

Annual In-House Competition

Mid-March – Skaters can get competitive with a Basic Skills Competition designed for our own skate school students.

Parent & Tot Class (3 to 5 years old with parent)

Do you have a little one who wants to skate? Would you like to learn with them? Our **NEW** Parent & Tot class is designed to introduce basic skating skills to you and your little one. Skaters will progress to our SnowPlow Sam classes where they begin to advance on their own.

	CLASS TIME	PRACTICE TIME
Sat	9:10-9:40 am	9:40-9:55 am
FEE:	\$132	

Snowplow Sam 1,2,3 (3 to 5 years old)

Introductory class for young children to beginning skating skills in an atmosphere of fun using games and ice-safe toys.

	CLASS TIME	PRACTICE TIME
Tue	10:00-10:30 am	10:30-10:45 am
Tue	4:45-5:15 pm	5:15-5:30 pm
Fri	4:50-5:20 pm	5:20-5:35 pm
Sat	9:10-9:40 am	9:40-9:55 am
FEE:	\$118	

Basic 1 (6 yrs and up)

For those who have never skated or have never had formal lessons. Skaters will learn the basics of figure skating, balance and forward and backward skating.

Basic 2

This class continues to teach beginning elements of skating including: one foot glides, forward and backward swizzles and beginning work on snow-plow stops.

Basic 3

Introduction to forward stroking, two-foot turns, and pumps.

	CLASS TIME	PRACTICE TIME
Tue	4:45-5:15 pm	5:15-5:30 pm
Fri	4:50-5:20 pm	5:20-5:35 pm
Sat	9:10-9:40 am	9:40-9:55 am
FEE:	\$118	

Basic 4

Forward crossovers, 3-turns, and backward stroking.

	CLASS TIME	PRACTICE TIME
Tue	4:45-5:15 pm	5:15-5:30 pm
Tue	5:30-6:00 pm	5:15-5:30 pm
Fri	4:50-5:20 pm	5:20-5:35 pm
Sat	11:00-11:30 am	11:30-11:45 am
FEE:	\$118	

Basic 5

Backward crossovers, one-foot spins, and hops.

Basic 6

Inside 3-turns, T-stops, and lunges.

Basic 7

Mohawks, edges, and pivots.

Basic 8

Moving 3-turns, combination steps, and waltz jumps.

	CLASS TIME	PRACTICE TIME
Tue	5:30-6:00 pm	5:15-5:30 pm
Fri	5:35-6:05 pm	5:20-5:35 pm
Sat	11:00-11:30 am	11:30-11:45 am
FEE:	\$118	

Freeskate 1, 2, 3, 4, 5, 6

Skaters will begin with 10 minutes of power skating and then divide by levels for 40 minutes of instruction for the maneuvers of their specific level.

	CLASS TIME
Thur	5:00-5:50 pm
Sat	10:10-11:00 am
FEE:	\$150

FREESKATE BRONZE, SILVER, GOLD

Upon completion of Freeskate 6, skaters progress to the Bronze Level. Skaters will be working on high level jumps and spins.

	CLASS TIME
Thur	5:00-5:50 pm
Sat	10:10-11:00 am
FEE:	\$150

TEENS - ADULTS

For beginners and those wishing to improve their skating skills.

	CLASS TIME	PRACTICE TIME
Tue	5:30-6:00 pm	5:15-5:30 pm
Sat	11:00-11:30 am	11:30-11:45 am
FEES:	\$118	

SPECIALTY CLASSES

POWER/EDGE CLASSES

One-half hour skating class that will help build power, speed, quickness and edge quality. Skaters will be divided by level. Levels: Basic 3 and above.

Fri 6:15-6:45 pm **FEE: \$104 (Walk-on rate \$15)**

MOVES IN THE FIELD (Basic 7 and above)

This class teaches combinations and patterns of various strokes, edges, turns, and spirals with emphasis on extension, power and proper posture. Moves in the field are helpful in the development of young skaters' balance and control and necessary if a skater wishes to compete at higher levels.

Thur 5:50-6:20 pm **FEE: \$104 (Walk-on rate \$15)**

FOOTWORK CLASS (Basic 7 and above)

Build coordination and quick foot motion with this class filled with turns, steps, brackets, 3-turns, progressives and more.

Wed 4:40-5:10 pm **FEE: \$104 (Walk-on rate \$15)**

SPIN & JUMP CLASS (Freeskate 1 and above)

This class focuses on the skills necessary to master higher level jumps and spins.

Wed 4:40-5:10 pm **FEE: \$104 (Walk-on rate \$15)**

AXEL JUMP CLASS

Skaters must be able to do a waltz jump/loop jump combination. Class is designed to focus solely on the axel jump.

Wed 4:40-5:10 pm **FEE: \$104 (Walk-on rate \$15)**

MUSIC INTERPRETATION CLASS (Basic 6 and above)

This class is designed to teach skaters how to perform maneuvers to music. A fun class that helps skaters use their skills in a new, interpretive way.

Fri 5:35-6:05 pm **FEE: \$104 (Walk-on rate \$15)**

OFF-ICE CLASSES

DRY-LAND CONDITIONING CLASS (All levels)

A great athletic work-out for the "whole skater" including strength training, endurance exercises and jump techniques.

Wed 6:15-6:45 pm
Fri 5:30-6:00 pm **FEE: \$104 (Walk-on rate \$15)**

DANCE & STYLE CLASS (All levels)

Dance class specially designed for skaters emphasizing posture and body control.

Thur 6:30-7:00 pm **FEE: \$104 (Walk-on rate \$15)**

MISSION STATEMENT The mission of the Basic Skills Program is to provide a goal-oriented program that encourages ice skating at all levels and to enhance the quality of skating skills at these levels.

MEMBERSHIP Each member of our skate school program will be registered as a member of USFS. This requires an annual \$15 membership fee which will be active until June 30 each year. This membership provides your skater with a record book and stickers to keep track of the levels they complete, a member patch, a year patch, information about skating and Sports Accident Insurance coverage. These materials will be presented to each registered skater a few weeks into their first session. Patches will be given to skaters as they advance to each level. Skaters receive memberships books only after registering for the first year. Each year membership must be renewed, and skaters receive a yearly membership patch.

LEVELS The USFS Basic Skills Program consists of the following levels: Snowplow Sam 1,2 and 3 (which are for beginning skaters ages 3-5), Basic 1-8 (which are a progression of skills that develop the fundamentals needed for higher level skating) and Freeskate 1-6 (which contain classes that are divided into sections containing maneuvers involving Moves in the Field, Footwork, Jumps and Spins). Skaters at the Freeskate levels are encouraged to also skate specialty classes to enhance overall skill level.

PRIVATE LESSONS Private lessons are available from any of our skate school instructors. All of our instructors are members of USFS and many are also members of ISI and PSA (Professional Skaters Association). Private lessons are encouraged to help master skills, especially entering the Freeskate levels of USFS. Contact Vicki Revere, Figure Skating Director, for more information about private lessons and for help in choosing a coach.

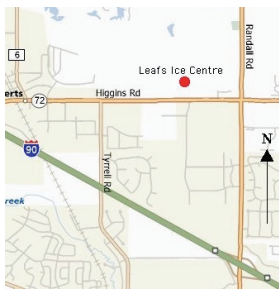
REGISTRATION There are two options for registering:

- Online www.leafsicecentre.com
- In person at the Leafs Ice Centre

Payment is required at the time of registration. REFUNDS WILL NOT BE GIVEN AFTER THE START OF THE SESSION.

MAKE UP CLASSES A skater missing a regular class will be permitted a make up of that class within the time frame of the current session. Please call the Leafs Ice Centre to schedule any needed make-up classes.

LOCATION Leafs Ice Centre is located in West Dundee on Route 72 one half mile west of Randall Road.



Silver Leafs Skate School
Leafs Ice Centre
801 Wesemann Drive
West Dundee, IL 60118



FALL/WINTER 2011 SKATE SCHOOL

Session #1 Aug. 29 - Oct. 23
Session #2 Oct. 24 - Dec. 24
Session #3 Jan. 2 - Mar. 4



Class Schedule and Fees
www.leafsicecentre.com
847-844-8700