



2009 SKATE SCHOOL CLASS SCHEDULE AND FEES

Spring Break Camp

March 24-26 9:00 am – 12:00 pm (Reg. deadline March 16)

\$120/3-day camp or \$45/daily

TOTS, ADVANCED TOTS (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
MON	9:15 – 9:45 am	9:45 – 10:05 am
TUE	1:00 – 1:30 pm	1:30 – 1:50 pm
TUE	4:45 – 5:15 pm	5:15 – 5:35 pm
WED	9:15 – 9:45 am	9:45 – 10:05 am
THU	4:45 – 5:15 pm	5:15 – 5:35 pm
THU	1:00 – 1:30 pm	1:30 – 1:50 pm
SAT	10:10 – 10:40 am	10:40 – 11:00 am
SAT	11:10 – 11:40 am	10:40 – 11:00 am

FEES: Spring..... \$84

PRE-ALPHA 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.

PRE-ALPHA 2 (6 yrs and up) (Prerequisite: PRE-ALPHA 1)

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

	CLASS TIME	PRACTICE TIME
TUE	4:45 – 5:15 pm	5:15 – 5:35 pm
THU	4:45 – 5:15 pm	5:15 – 5:35 pm
SAT	10:10 – 10:40 am	10:40 – 11:00 am
SAT	11:10 – 11:40 am	10:40 – 11:00 am

FEES: Spring..... \$84

ALPHA 1 (Prerequisite: PRE-ALPHA 2)

Introduction to forward stroking, forward crossovers, and snowplow stops.

ALPHA 2 (Prerequisite: ALPHA 1)

For the skater who has been in ALPHA 1 and needs further work to master the skills.

	CLASS TIME	PRACTICE TIME
TUE	4:45 – 5:15 pm	5:15 – 5:35 pm
THU	4:45 – 5:15 pm	5:15 – 5:35 pm
SAT	9:10 – 9:40 am	9:40 – 10:00 am
SAT	10:10 – 10:40 am	10:40 – 11:00 am
SAT	11:10 – 11:40 am	10:40 – 11:00 am

FEES: Spring..... \$84

BETA 1 (Prerequisite: ALPHA 2)

Introduction to backward stroking, back crossovers and T-stops.

BETA 2 (Prerequisite: BETA 1)

For the skater who has been in BETA 1 and needs further work to master the BETA skills.

GAMMA (Prerequisite: BETA 2)

Skaters learn forward outside three turns, mohawk turns, and hockey stops.

DELTA (Prerequisite: GAMMA)

Skaters learn forward inside three turns, edges, lunges, bunny-hop and shoot-the-duck.

	CLASS TIME	PRACTICE TIME
TUE	5:45 – 6:15 pm	5:15 – 5:35 pm
THU	5:45 – 6:15 pm	5:15 – 5:35 pm
SAT	9:10 – 9:40 am	9:40 – 10:00 noon

FEES: Spring..... \$84

TEENS - ADULTS

For beginners and those wishing to improve their skating skills.

	CLASS TIME – TEENS	PRACTICE TIME
TUE	5:45 – 6:15 pm	5:15 – 5:35 pm
	CLASS TIME – ADULTS	PRACTICE TIME
TUE	5:45 – 6:15 pm	5:15 – 5:35 pm
WED	10:00 – 10:30 am	10:30 – 10:50 am

FEES: Spring..... \$84

PRE-FREESTYLE

*ALL skaters who have passed DELTA **must** enroll in this class before signing up for FREESTYLE 1.* All skills from ALPHA will be reviewed. Information on freestyle practice ice, ice etiquette, proper skating attire and care of skates will be covered. FREESTYLE 1 maneuvers will be introduced.

	CLASS TIME
THU	5:45 – 6:35 pm
SAT	11:10 am – 12:00 pm

FEES: Spring..... \$108

FREESTYLE 1, 2, 3, 4, 5, 6, 7

Class includes 20 minutes of power skating and 30 minutes of instruction on the maneuvers of the skater's specific level.

	CLASS TIME – FREESTYLE 1, 2, 3
THU	5:45 – 6:35 pm
SAT	11:10 – 12:00

	CLASS TIME – FREESTYLE 4, 5, 6, 7
THU	6:45 – 7:35 pm

FEES: Spring..... \$108

SPECIALTY CLASSES

MOVES IN THE FIELD (Freestyle 1 and up)

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.

ICE DANCE (Freestyle 1 and up)

Introduction to basic ice dance moves as well as the ice dance patterns. Class prepares the skater for ISI or USFS dance tests.

	CLASS TIME (MOVES IN THE FIELD OR ICE DANCE)
WED	6:20 – 6:50 pm
FEES:	Spring..... \$90

SPIN AND JUMP CLASS (Freestyle 1 and up)

This class helps skaters focus on the skills necessary to master higher level jumps and spins. The jump harness will be used to improve rotations and landings.

	CLASS TIME
WED	6:50 – 7:30 pm
FEES:	Spring..... \$96

AXEL/DOUBLE JUMP CLASS

This class teaches the fundamentals and techniques of the basic axel jump and double rotation jumps. Must be at Freestyle 5 Level.

	CLASS TIME
WED	6:50 – 7:30 pm
FEES:	Spring..... \$96

POWER CLASS

One-half hour of skating (often to music) that will help build power, speed, and quickness on the ice.

	LOW POWER (Alpha through Delta)
FRI	5:30 – 6:00 pm
	HIGH POWER (Prefreestyle and all Freestyle Levels)
FRI	6:00 – 6:30 pm
FEES:	Spring..... \$60

PLEASE NOTE: Power classes may also be done on a "walk-on" basis for \$10 per session.

Double-Time Classes Available

Skate twice a week at your level to accelerate advancement and save on fees.

FEES:	Tot-Delta	\$147 (save \$21)
	Freestyle.....	\$187 (save \$29)
	Freestyle/Specialty.....	\$168 (save \$24)

The Silver Leafs Skate School follows the guidelines of the Ice Skating Institute (ISI), a nationally recognized program that takes recreational and serious skaters from beginning to advanced levels. Classes will be taught by Professional Skaters Association (PSA) and/or ISI qualified instructors.

SKATES

If this is your first time skating, it is best to rent skates for the first session or two. When ready to purchase skates, check with our figure skating staff for information. Rental skates are available for \$2.00 per class, or the skater may purchase a \$15 punch card for for ten (10) rentals.

RECOMMENDED ATTIRE

Skaters should wear long pants, warm jackets or heavy sweaters, mittens or gloves and thin socks. Please, no tight jeans or bulky snow pants. Helmets are optional.

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. Skaters enrolled in more than one class pay full price for the first class and receive a 10% discount on each additional class. Families with more than one skater pay full price for the first skater and receive a 10% discount on each additional skater. The 10% discounts apply only to full-session registrations – not to prorated registrations. Prorated refund requests must be made to Silver Leafs Skate School Management for consideration and approval.

PRACTICE TIME

Practice time is included for most classes. Sessions are supervised by staff instructors and are only for students currently enrolled in the Skate School. At the last practice of each session, the skater may have their parents and siblings join them. Skate rental will be available for \$2.00.

PRIVATE LESSONS

Private lessons are available. Please see the Skating Director or the Skate School Director for more information.

EVALUATION

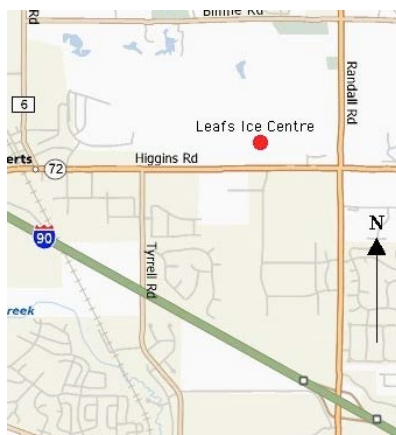
Skaters will be evaluated at the end of each session. However, a skater may be moved to the next level before the end of a session if all the skills in the current level have been mastered. Some levels may require more than one session to master the skills.

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.

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



SKATE SCHOOL

CLASS SCHEDULE AND FEES

Spring 2009 • May 5-June 13 • 6 weeks



www.leafsicecentre.com