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Fax #253-852-2932

LESSONS

Kent Valley Ice Centre
Skating School
Presents

LEARN TO SKATE CLASSES

8 WEEK SERIES - Only \$94.50

- Includes a **\$10.00 discount** when you enroll and pay at least **3 days** before classes start (*\$104.50 when not in advance*)
- Includes 1/2 Hour Lesson
- Admission to Public Session after each lesson (*a \$11.60 value*)
- Skate Rental Extra (*Discount available if pre-paid*)



KVIC FALL SKATE SPECIAL

Sign up for 2 consecutive series together at regular price and receive a pair of **FREE FIGURE SKATES**, plus admission to 4 Public Sessions

SAT CLASSES 7 WKS ONLY

Call 253-850-2400 ext 19 and REGISTER today!

Classes Start: _____

REGISTRATION

\$104.50 for 8 lessons

Skater's Last Name: _____

Skater's First Name: _____

Phone: _____

Birthdate: _____

Street Address: _____

City: _____

State: _____

Zip: _____

E-mail: _____

I, _____, guardian of the applicant, individually as father, mother, or guardian of applicant, do hereby acknowledge that skating is inherently a dangerous sport, physically demanding and highly competitive. I hereby agree that KVIC, its officers, servants, agents, and employees shall not be held liable for any and all injuries resulting directly or indirectly from his/her participation in figure skating, playing hockey, and/or receiving instruction on the ice or otherwise in and about the premises. I further agree to indemnify and save KVIC, its officers, servants, agents, and employees, harmless from all costs and expenses that may result from any breach of this agreement.

Guardian Signature: _____

Date: _____

-----For Office Use Only-----

Employee Initials _____

Class Level _____

Series: **5F**

Class Day/Date _____

Class Time _____

Pre-paid Skate Rental (8 sessions @ \$2.66+tax=\$23.20)
7 wk rental @ \$2.66+tax= \$18.62

Learn to Ice Skate. FUN & FITNESS for the WHOLE FAMILY!

A clean, indoor sport that teaches balance, coordination and endurance.

SCHEDULE: Our next series of classes are available on the following days/evenings:

Tuesday 1:15pm, 1:45pm, 6:00pm and 6:30pm April 29th-June 17th (8 week class)

NO WEDNESDAY CLASSES

Saturday 12:30pm and 1:00pm May 10th – June 21st (7 week class)

On the other side of this brochure you will find your registration form. **To register, call the office at (253) 850-2400 x19** with registration information and Visa/MC payment or return it with payment (Visa/MC, cash or local checks) to our front office and you will be ready to start. **When you enroll and pay at least 3 days prior to the start date, you will receive a \$10.00 discount.** The maximum number of people we will put in a class is approximately 15, a number determined by Facility Management and ISI. **Some class levels are combined from time to time.** It is recommended that students wear loose fitting, warm clothes. Helmets are optional, recommended but not mandatory. Helmets are available at the Skate Rental counter, free of charge.

INTRODUCTION: Kent Valley Ice Centre's Skating School offers group and private lessons based on the criteria set forth by the Ice Skating Institute (ISI), a world organization with recognized skating standards. ISI's primary goal is to promote recreational ice-skating to help more people enjoy all kinds of recreational skating. Skating classes are an excellent starting point for those interested in hockey or figure skating. To be able to enter into ISI Competitions each skater is required to become a member of ISI, the forms are on line or you can find them in our Brochuer Racks. We hold an annual ISI Open Competition in the summer and an ISI Local in-house Competition in the winter. Schedules TBA.

ATTENDANCE/CHECKING IN: Classes are once a week for 8 weeks. **There are no refunds or make up classes.** When you register for a class and payment is received, you will be recorded on a class roster. When you arrive at the arena each week, come to the entrance and tell us your name and whether you need rental skates. **Skate rental is \$3.03+tax at the door or you may purchase your skate rental in advance for \$23.20 for the series (\$2.66+tax per session).** Each week the skater will meet the instructor on the ice. The class is half an hour in duration and is usually followed by a public session. All class participants may skate this public session for free (value \$11.60) and practice what they have learned in class. All other family members and friends are welcome to skate, but must pay regular admission and skate rental (and get their hand stamped at the ticket window).

LAST CLASS/TESTING: During the 8th class of a series, instructors will hand out evaluations. This will inform the student if they should test to move up to next level or re-enroll in the same class. On the last class, you will receive your completed course certificate at that time you can sign up for the next series of classes that will start the following week (it is not unusual for students to stay at the same level for more than 1 class series). In order to improve your level of skating more quickly, it is recommended that you skate 2 or 3 public sessions each week.

PRIVATE LESSONS: Private lessons can be given during our public sessions as well as our competitive freestyle sessions. The cost of private lessons is paid directly to the instructor and does not include admission to the rink (skate rental not available during freestyle sessions). Our instructors are independent contractors and operate as a separate business within the facility. They are members of ISI and our USFS Club, the Kent Valley Figure Skating Club. Each instructor has their own teaching qualifications as well as their own set of policies and procedures including cancellation policy, amount they charge and their availability. We suggest you schedule interviews and lessons with at least 2-3 instructors to determine what will best fit your needs and requirements. Our Facility Management will be happy to help you arrange times to select an instructor.

BEGINNERS -----

Tots (ages 3-5)

- standing, proper way to fall & get up
- marching
- 2 foot jump
- swizzles

Pre-Alpha (ages 6-8, 9-14 and adult)

- 1 foot glide
- 2 foot glide
- forward and backward swizzle
- backward wiggle

Alpha (ages 6-8, 9-14 and adult)

- forward stroking
- Forward crossovers

INTERMEDIATE -----

Beta

- backward stroking
- backward crossovers
- T-stop

Gamma

- forward outside 3-turn
- forward inside mohawk combination
- hockey stop

Delta

- forward inside 3-turn
- forward outside & inside edges
- bunny hop
- lunge or shoot the duck

ADVANCED -----

Freestyle 1

- forward inside pivot
- 2 foot spin
- arabesque
- backward edges

Freestyle 2

- 1/2 flip
- waltz jump
- ballet jump
- 1/2 toe walley
- 1/2 lutz
- toe spin
- 2 arabesques

Freestyle 3 & 4

- salchow jump
- change foot spin
- back arabesque
- toe loop jump
- or toe walley
- D step sequence
- backward outs-
- side/inside pivot
- sit spin
- flip jump