

***At Mountain View Ice Arena,*** we're committed to the development of every skater that enters our facility. Weekly lessons are taught by highly qualified professional coaches.

Mountain View Ice Arena offers a complete recreational skating program for all levels and ages. The curriculum is based on the United States Figure Skating (USFS) Basic Skills Program.

### **Why U.S. Figure Skating Basic Skills Program?**

- ◆ Official learn-to-skate program of the National Governing Body for figure skating
- ◆ Highest quality instruction
- ◆ Fun, challenging and rewarding skating curriculums for all ages and abilities
- ◆ Bridge to U.S. Figure Skating testing and competitive structure
- ◆ Promotional materials available for skaters, parents and facilities
- ◆ Manuals, videos and workshops for all instructors
- ◆ Sports accident insurance coverage

### **Standards & Evaluations**

Our goal is to teach the basics of Figure Skating & Hockey in accordance with the standards of the USFS Basic Skills Program. We create a learning environment that motivates skaters to learn in a semi-competitive class setting that promotes proper skating techniques. USFS has established a system that we use to evaluate students. Our main goal is for every skater to correctly learn each skill introduced in their level before they move to the next. We encourage skaters to move through the program at a rate that allows them to truly master each skill. We highly recommend that skaters practice outside of their lesson at least once a week. Good class attendance & practice habits will help skaters as they attempt to pass their evaluation at the end of the Semester. It is important to remember that each skater will move on at their own rate.

### **The objectives of the program are:**

- ◆ To provide a fun and safe skating experience for the beginner as well as the more advanced skater
- ◆ To teach correct technique of the basic elements of skating
- ◆ To develop a finer degree of coordination and balance
- ◆ To promote physical fitness

**To have fun!**

### **What do I wear?**

Dress for warmth by layering your clothing. Most indoor arenas are kept between 50-60 degrees, so jackets are recommended. As you get warm, you may wish to discard a layer. Comfort and ability to move freely are also very important. We suggest close-fitting but not tight pants. Sweatpants or warm-up pants are ideal. Your feet will feel best if you wear one pair of light-weight socks or tights. Bulky or thick socks may limit the support provided by your skates and create "bumps" inside your boots, making them uncomfortable. Make sure when fitting your skates that your toes can wiggle but your heel does not slide up and down or around once your foot is properly laced in the skate.

Protective head gear is recommended for children under the age of 6 and all beginner skaters. Contact a local sporting goods store for proper fit and information regarding safety helmets.

Remember gloves or mittens! Learning to fall is an important part of ice skating, and your hands will feel much better if you are wearing gloves or mittens. If you forget to bring them along, check with the rink's lost and found.

### **Health benefits of Ice Skating:**

Everyone from toddlers to seniors can enjoy the health benefits of ice skating. Ice skating helps build endurance, strengthen muscles, and increase flexibility. Calories burned during recreational ice skating is about 250-810 per hour, and competitive skating can be up to 450-1,080 per hour.

### **Make Your Own Group Class**

If classes offered do not fit into your schedule and you have a group of FOUR or more friends with similar skating abilities, we may be able to arrange a special class time for you. (Other Students may be added to your class if applicable)

# Learn to Skate Academy



**February/March  
April/May  
2009  
Semester**



**Mountain View Ice Arena  
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www.mtviewice.com**

## Program Structure

The Mountain View Ice Arena Skating Academy consists of two month semesters.

Space is limited, so be sure to sign up early. Late sign-ups are permitted until the 3rd week of classes at a pro-rated cost.

### Tuition for Class Includes:

- ◆ \$ 10.00 per class, payable at the beginning of each semester.
- ◆ \$ 12.00 for USFS Registration per year. All students must join United States Figure Skating. This qualifies you for testing, shows, competitions, and an insurance policy.
- ◆ 10 % off for each additional family member
- ◆ **Students enrolling in 2 or more classes in a semester will receive 50% off the 2nd class**

### Features Include:

- ◆ **1/2 hour group class**
- ◆ **Rental Skates included**
- ◆ **Five free public session passes for yourself or a guest. (skate rental NOT included)**
- ◆ **Free public sessions on the day of your class**
- ◆ **Progress Reports are presented to each student after the first month of classes.**
- ◆ **Certificates are presented to each student at the end of the semester.**
- ◆ **USFS Badge Testing will be offered at the end of each semester for a nominal fee. You would need to sign up for the test prior to the last class of the session.**

**Please keep in mind:**

**All Classes and Free Public Session punches MUST be used in the current semester.**

**\*\*No Exceptions\*\***

<u>Class</u>	<u>Day</u>	<u>Time</u>
<i>Basic Skills Name</i>	<i>ISI Name</i>	
Parent & Me	(Parent & Me)	Thursday 6:30pm Saturday 12:30pm
*Parent & Me \$12.00 per class Helmets not required, but highly recommended		
Snowplow Sam 1 - 4 (3-5 years)	(Tots 1-4)	Thursday 6:00pm Saturday 12:30pm
<u>Helmets not required, but highly recommended</u>		
Basic 1 & 2 (5 yrs & up)	(Pre Alpha)	Tuesday 4:00pm Thursday 6:00pm Saturday 12:00pm
Helmets not required, but highly recommended		
Basic 3 & 4	(Alpha)	Thursday 6:00pm Saturday 12:00pm
Basic 5 & 6	(Beta)	Thursday 6:30pm Saturday 12:00pm
Basic 7 & 8	(Gamma Delta)	Thursday 6:30pm Saturday 12:00pm
Free Skate 1-3	(FS 1 - 3)	Thursday 6:00pm Saturday 12:30pm
Free Skate 4-6	(FS 4 - 6)	Thursday 6:30pm Saturday 12:30pm
Adult 1 - 4	(Adult Class)	Thursday 6:30pm Saturday 12:30pm
Hockey 1-4	(Hockey 1 - 2)	Saturday 12:30pm
** Power Skating	Saturday	11:15am
**Figures Class	Saturday	12:00pm

\*\* Power Skating \$12.00 per class drop in or purchase a Power Skating 10 Pass for \$100.00

- ◆ **A minimum of 3 students per class is required or the class may be combined with another class or moved to another day or time.**
- ◆ **Missed classes must be made up during the current Learn to Skate semester.**
- ◆ **If you are doing a Make-Up Class please call ahead to make sure the class has not been cancelled.**