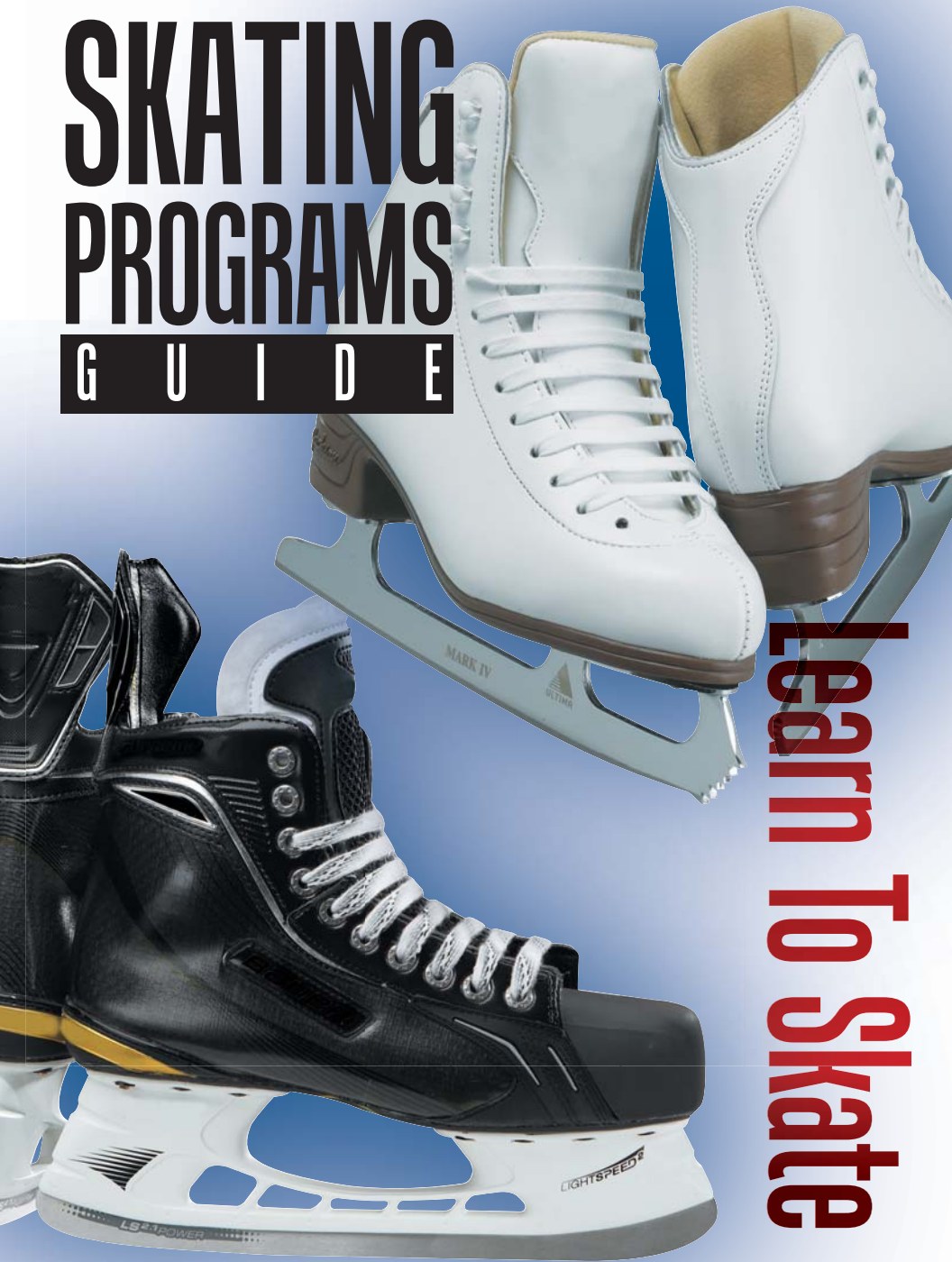


SKATING PROGRAMS

G U I D E



Learn To Skate



START HERE

★ ★ ★ Learn To Skate Program Information ★ ★ ★

WELCOME!

The Ice Den would like to welcome you to the U.S. Figure Skating Basic Skills Program.

The objectives of the program are:

- To provide a fun and safe skating experience for the beginner as well as the 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!

CLASSES WE OFFER:

- **Tot Classes (Ages 4 & 5)**
Snowplow Sam 1, 2 & 3
- **Beginner Classes (Ages 6 & up)**
Basic 1, 2 & 3
- **Advanced Classes - Level B & C (All ages)**
Basic 4 - Pre-preliminary
- **Pre-Hockey (Ages 4 & up)**
PH 1, 2 & 3
- **Parent & "Pups" (Ages 2½ - 5 with adult)**
- **Adult (Ages 18 & up)/Teen**

The U.S. Figure Skating Basic Skills Program offers several levels of advancement. This ensures individual skaters will be placed with other skaters of similar age and abilities. Participation in the program will enable beginning skaters to learn basic skating skills for recreational enjoyment. This Level A program is for beginners through Basic 3 levels. US Figure Skating badges are awarded as skaters advance through the levels and are available for purchase at the Administration Window.

Skaters may start in any one of the programs listed depending on age and desired path.

- Snowplow Sam 1, 2 & 3 (Ages 4 & 5)
- Basic 1, 2 & 3 (Ages 6 & up)
- Teen/Adult Level A
- Pre-Hockey 1, 2 & 3 (Ages 4 & up)
- Parent & "Pups" (Ages 2½ - 5 with adult)
- Ice Café (Ages 18 & up)

Snowplow Sam and Basic 1, 2 & 3, Adult/Teen Level A, Pre-Hockey 1, 2 & 3

Program Features:

- 45 min. sessions
- Each session includes 10 min. of organized warm-up, 30 min. of small group professional instruction, and 5 min. of practice ice
- Free skate rental (figure skates or hockey skates)
- USFS Sticker Book/Crest

Helmets are strongly recommended for all new skaters.



**US FIGURE
SKATING**

Pre-Hockey 1, 2 & 3 Program

★★★ Program Information ★★★

Pre-Hockey 1, 2 & 3 Program

The hockey curriculum is designed to teach the fundamentals of hockey skating. Utilizing 3 badge levels, skaters will learn to maneuver faster and be more agile on the ice. All elements in Pre-Hockey 1 & 2 will be taught without a stick or puck as proper skating techniques are the primary focus of these levels. In Pre-Hockey 3, skaters will be required to bring a stick.

After completing Pre-Hockey 1-3, skaters go directly into the Coyotes Amateur Hockey Association's Initiation Program. Classes will be combined for all age levels.

Program Features:

- 45 min. sessions
- Each session includes 10 min. of organized warm-up, 30 min. of small group professional instruction, and 5 min. of practice ice
- Free hockey skate rental

Mandatory Requirements:

PH1 Skaters must be able to skate across the ice gliding in hockey skates unassisted

Pre-Hockey 1 & 2

- Hockey skates (rentals or skater's own)
- Hockey helmet

Pre-Hockey 3

- Hockey skates (rentals or skater's own)
- Hockey helmet
- Hockey stick and hockey gloves

Additional Recommended Equipment:

Shin Pads, Elbow Pads, other protective gear

Next step for hockey:

CAHA's Initiation Program (IP)

Visit coyotesice.com/youthhockey/initiation.php for details!



Parent & "Pups" - Ice Café

★ ★ ★ Program Information ★ ★ ★

Parent & "Pups" Program

This is a fun, recreational skating class designed to give instruction to children ages 2 1/2 - 5 together with their parent(s). Registration fee includes one child and one adult. Additional children and adults are welcome at an additional cost. Additional "Pups" must be under the age of 6. No drop-ins will be permitted if the class registration is full. Call for details.

Program Features:

- 45 min. sessions
- Each session includes professional instruction in a group class format
- Free skate rental
- USFS Sticker Book/Crest

Ice Café Program

This is an adult-only (ages 18 and up) social skating program. Ice Café is for beginner and recreational skaters or those wanting to brush up on their current skating skills. Drop-ins are welcome. Call for details.

Program Features:

- 90 min. session includes 20 min. of professional instruction in a group class format (length of class time may vary)
- Free skate rental
- Free cup of coffee

What to expect on the first day of class

Skate Fitting

All first-time students must arrive at least 30 min. early on the first day of class in order to be fitted for skates and receive an I.D. Badge. Assistants will be available to show you how the skates should fit and how to lace them properly.

What to Wear

Recommended Clothing Checklist for Learn to Skate, Parent & "Pups" and Ice Café Programs:
Rink temperature stays at approximately 52° year round

- Gloves
- Helmets (bicycle helmets are acceptable, aerodynamic models are not recommended)
- Warm-up suit
- Light to medium weight socks (1 pair only)
- Long sleeves and long pants
- Wrist guards for adult skaters

* Jeans are not recommended as they are restrictive, shorts are not permitted. Skates, helmets, and gloves may be purchased at Coyotes Ice Sports. The Ice Den is not responsible for personal items that may be lost or stolen. Private lockers are available for your protection.



Advanced Skating

★ ★ ★ Program Information ★ ★ ★

NEXT STEP:

Learn To Figure Skate Levels B & C

Ideal programs for skaters wishing to continue the basics of figure skating through group class instruction.

- Level B: Basic 4, 5, 6, 7 & 8
- Level C: Free Skate 1 - 6, Pre-Preliminary

*Skating attire required. No jeans or shorts allowed. Long hair must be tied back in a ponytail or bun.

Program Features:

- 1 hour sessions
- Each session includes 15 min. of organized warm-up, 30 min. of small group professional instruction, and 15 min. of practice ice or instruction
- Free skate rental

OPEN ENROLLMENT FOR ALL SESSIONS

Do not wait until the session is over to re-register for the next session. We do not hold spots for program participants. Sign up for the skater's current level and we will automatically update after evaluation week.

Private Lessons

Need extra help on the ice? Prefer one-on-one attention? Want to prepare for an upcoming test, show or competition? Please fill out a Private Lessons Request Form available at our Administration Window or online at coyotesice.com.



Coyotes Ice Sports
480-473-5870

From advice on purchasing skates to stocking up on laces, the Ice Den houses a top-notch pro shop, Coyotes Ice Sports, whose expert staff will guide and assist you with all things figure skating and hockey.

CONTACT INFORMATION

Main Line · 480-585-RINK
Information Center · 480-473-5811
Fax · 480-585-9117
www.coyotesice.com

Ice Den Skating Programs

Julie Patterson

Director of Programming and Skating
480-473-5810 · juliep@coyotesice.com

Doug Ladret

Director of Figure Skating Development

Ryan O'Meara

Director of Dance

Julie Wilson

Inside Edge Newsletter
Ice Den Program Guides



Registration Information

★ ★ ★ Learn To Skate Program Policies ★ ★ ★

Program Registration Policies

1. All programs must be paid in full at time of registration.
2. No credits, refunds, or transfers will be given to a registrant who leaves because of their own desire or fails to attend.
3. The Ice Den reserves the right to reschedule, change, or cancel a program due to uncontrollable circumstances.
4. The Ice Den reserves the right to revoke participant privileges and future registration in any program offered at this facility.

US Figure Skating Membership Dues

The Learn-To-Skate Program at the Ice Den is endorsed by U.S. Figure Skating, therefore all members are required to pay a \$12.00 annual registration fee that covers July 1st - June 30th each calendar year.

In case of emergencies, parents should attend all skating sessions that their children are attending - Thank You!

Class Information and Program Policies - Identification Badges

1. Pick up your I.D. Badges on the first day of each session at the Administration Office. Please allow approximately 30 minutes prior to the start of class to receive your I.D. Badge.
2. I.D. Badges must be shown at the Skate Rental counter in order to receive skates. No exceptions!
3. I.D. Badges must be worn at all times during class. Otherwise the skater will not be allowed to be on the ice.
4. Replacement I.D. Badges will be issued at the Administration Office if lost or forgotten.
5. Any class not meeting size requirements may be cancelled or combined.
6. We will prorate participants through the second week of the class session only, pending class availability.

Class Structure

1. All new students will be evaluated on the first day of class and placed in the appropriate class level. This evaluation will occur during the first 5 minutes of the class period. Please arrive on time.
2. Parents: Instructors are available before or after the classes, if you have any questions or need assistance.
3. When you enroll in the Learn To Skate classes, you also become a member of the U.S. Figure Skating Basic Skills Program. Each new participant will receive a sticker book which explains the class structure and level in which that skater is working.
4. Class evaluations will be done at the conclusion of each program session. If a skater is ready to progress to the next level, they will be moved right away. Students who progress to the next level will be able to purchase their patch at the Administration Office for \$1.00.

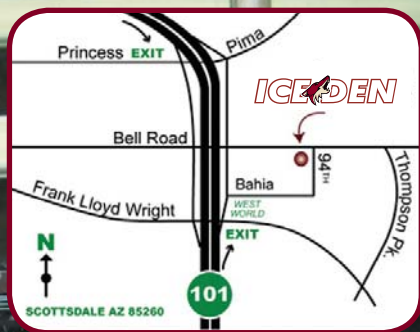
No make-up classes will be offered. In the event of an absence, two (2) public skating passes will be given. This is a one (1) time compensation per session. Public skating passes have no expiration date.

Refund Policy

Refund Policy: Refunds, credits or transfers will only be given if requested in writing two (2) weeks prior to the first day of registered class. Refunds, credits or transfers will be granted minus a \$10.00 administrative fee only in the event of an injury or illness and the request is accompanied by a doctor's statement within 30 days of injury or illness verifying the nature of the injury or illness.

No refunds, credits or transfers will be given to a registrant who leaves because of their own desire or fails to attend.

ICE DEN



Photos used in this guide provided courtesy of
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SPORTSEYE.COM

Design by Julie Wilson



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