

# START HERE

★ ★ ★ Learn To Skate Program Information ★ ★ ★

## WELCOME!

The Alltel 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)**  
Level A, Ice Café

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 recreation enjoyment. This Level A program is for beginners through Basic 3 levels. US Figure Skating patches 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)**
- **Pre-Hockey 1, 2 & 3 (Ages 4 & up)**
- **Parent & "Pups" (Ages 2½ - 5 with adult)**
- **Adult Level A & Ice Café (Ages 18 & up)**

\*We encourage Level A, Basic 3 participants who anticipate moving to Level B, Basic 4 class to sign up for Level B program as it fills quickly. This will guarantee a spot. However, if the participant needs to retry the Basic 3 class, we will try to accommodate the skater back into their existing Level A class. Due to class size, additional class times may be substituted. A refund for the overpayment will be issued by the Administration Office. Helmets are strongly recommended for all new skaters.

## Snowplow Sam and Basic 1, 2 & 3, Adult 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 Liability insurance
- USFS Sticker Book/Crest

