

Quiet Waters Park Ice Skate Instruction

Please print legibly

Name _____ Class _____ Age _____ Need Skates? _____ Skate Size _____

Name _____ Class _____ Age _____ Need Skates? _____ Skate Size _____

Name _____ Class _____ Age _____ Need Skates? _____ Skate Size _____

Address _____ State _____ Zip _____ Phone _____ E-mail _____

(Parent or Guardians Signature)

(Date)

Fee Total: _____ Paid Date: _____ Staff: _____

Group Lesson Registration: Applications will be handled on a first-signed-first-served basis. Registration ends one (1) week before the first class starts. Late registration will be accepted if space is available. Refunds will not be given after the first day of class or for missed classes. Classes are 30 minutes each and are offered in six (6) week series. The cost of one series is \$90 but you may sign up for two or more series and receive discounted rates (2nd series \$85 and 3rd \$80 per series). These same discounts will apply for siblings. Rental skates and rink entry fees are included in the class price. If you will be providing skates for you or your child please make sure that the skates are properly sharpened well in advance of class time. Quiet Waters Park Ice Rink has a professional ice skate sharpening machine and will sharpen skates in the order that they are received (see sharpening fee schedule). Please ensure that your child is at the park and ready to begin class on time. We recommend arriving at least thirty minutes early for preparation. On the last day of the completed series the students will perform a 15-minute exhibition of the skills they have learned.

Class Description:

Penguin: In the Penguin classes the instructor will teach the basic fundamentals that will enable the students to skate. Students will be taught correct body positioning, marching, gliding, and walking on their tiptoes, pre-swizzles, and deep knee bends. The Penguin classes are for first time skaters who are beginning their journey to becoming an accomplished skater.

Ages: Penguin I 3-5 yrs Penguin II 6-8 yrs

Basic Skating: In the Basic Skating classes the instructor will teach proper body alignment for skating, how to use the wall to assist in skating, swizzles as well as wiggles both forward and backwards. The instructor will also teach how to glide on one skate, how to alternate between skates and how to snowplow stop. The Basic Skating class is for students who have a desire to skate better and want to have fun on the ice.

Ages: Basic Skating I 6-8 yrs Basic Skating II 9-12 yrs

Intermediate Skating: In Intermediate Skating the instructor will teach how to push from left to right and from right to left skates called stroking. The instructor will also teach the students how to chasse, half swizzles, and how to perform the t-stop. The Intermediate class is for skaters who have some skating skills but want to polish them and learn new and exciting techniques to make them a well-rounded skater.

Ages: Intermediate I 6-10 yrs Intermediate II 11-16 yrs

Advanced Skating: In Advanced Skating the Instructor will teach skaters how to chasse forward and backwards, as well as crossover skating in both directions, and how to snowplow stop with both skates. The Advanced class is for skaters who know how to skate but want to learn more advanced techniques that will challenge them and send them on their way to becoming a technically proficient skater.

Ages: Advanced 10-17 yrs

Adults Skating: In the Adult Class the instructor will teach basic movements and skills needed to learn how to skate and stop safely. Skills like marching, swizzles, wiggles, the snowplow and t-stop will be taught. The Adult class is for people who want to learn the joys of skating through the basic skating skills needed to have a great time on the ice.

Ages: Adult 18 yrs. and over

Private Lessons:

Private lessons with an individual coach will be available and set up after an evaluation with one of the instructors. After the evaluation is completed the final details such as class dates, times, and skills to be taught will be finalized.

About the Instructor:

Amir Haan has been teaching students how to skate for over 16 years and is a very accomplished skater himself winning numerous skating gold medals in Eastern Europe in the mid-1980s and early 1990s. Originally from Georgia (Former USSR) Amir has since moved to Maryland and began spreading the joy of skating to skaters around the area. For more information about class content contact Amir at 301-249-4892 or email him at: go2sk8@sk8amir.com

Schedule:

<u>Class</u>	<u>Time</u>	<u>Day</u>	<u>Dates</u>
Penguin IA	9:30 am	Saturday	Jan 9, 16, 23, 30 Feb 6, 13
Penguin IB	4:30 pm	Thursday	Jan 7, 14, 21, 28 Feb 4, 11
Penguin IIA	9:30 am	Saturday	Jan 9, 16, 23, 30 Feb 6, 13
Penguin IIB	5:00 pm	Thursday	Jan 7, 14, 21, 28 Feb 4, 11
Basic Skating IA	10:00 am	Saturday	Jan 9, 16, 23, 30 Feb 6, 13
Basic Skating IIA	10:00 am	Saturday	Jan 9, 16, 23, 30 Feb 6, 13
Basic Skating IB	5:30 pm	Thursday	Jan 7, 14, 21, 28 Feb 4, 11
Basic Skating IIB	5:30 pm	Thursday	Jan 7, 14, 21, 28 Feb 4, 11
Intermediate Skating I	5:30 pm	Thursday	Jan 7, 14, 21, 28 Feb 4, 11
Intermediate Skating II	5:30 pm	Thursday	Jan 7, 14, 21, 28 Feb 4, 11
Advanced Skating	10:30 am	Saturday	Jan 9, 16, 23, 30 Feb 6, 13
Adult Skating	10:30 am	Saturday	Jan 9, 16, 23, 30 Feb 6, 13

Make Up Dates: For the January and February classes there will not be scheduled make up dates. Make-ups for missed classes will be held on the next available class time. If you miss a Thursday class you can make it up on that Saturday, and if you miss a Saturday class you can make it up on the following Thursday