



# LEARN TO SKATE TODAY!!

The Danbury Ice Arena Skating School is a structured program under the direction of Karla Delio-Jones. It is designed to nurture skaters and to help them advance through progressive levels. This program, based upon the curriculum of the Ice Skating Institute, allows the beginning skater to gain discipline, confidence, and knowledge of basic hockey and figure skating skills. Skaters, through these levels, will gain the skills necessary to advance to higher levels of figure and hockey skating. We will do our best to group students according to age and ability. Staff professionals teach all skating classes and skaters are evaluated at the end of each session. It is very common for a skater to repeat a level. Each level builds a foundation for the next level, and thus it is imperative that all skills are mastered prior to advancing. Private or booster lessons are available from staff professionals. These may help a skater to progress through more difficult skills, or to achieve more rapid advancement. Contact Karla for more information at (203)794-1704, ext 105; or by e-mail at [skatingdirector@danburyice.com](mailto:skatingdirector@danburyice.com).

Please see the reverse side for program schedules, and description of classes.

Helmets are strongly recommended for all skaters through Skate 4 (Alpha). Skaters should wear warm appropriate clothing, one pair of thin socks or tights, and gloves or mittens. Rental skates are available, and run approximately the same size as an individual's regular shoe size.

## SEMESTERS

### Wednesday

Fall 1 '09 7 weeks Sept 16-Oct 28  
 Fall 2 '09 8 weeks Nov 4-Dec 23  
 Winter 3 '10 7 weeks Jan 6-Feb 17  
 Winter 4 '10 7 weeks Feb. 24-April 7  
 Spring 5 '10 7 weeks April 14-May 26  
 Spring 6 '10 5 weeks June 2-June 30  
 Summer 7 '10 5 weeks July 7-Aug 4  
 Summer 8 '10 4 weeks Aug 11-Sept 1

### Thursday

Fall 1 '09 7 weeks Sept 17-Oct 29  
 Fall 2 '09 6 weeks Nov 5-Dec 17  
 Winter 3 '10 7 weeks Jan 7-Feb 18  
 Winter 4 '10 7 weeks Feb. 25-April 8  
 Spring 5 '10 7 weeks April 15-May 27  
 Spring 6 '10 5 weeks June 3-July 1  
 Summer 7 '10 5 weeks July 8-Aug 5  
 Summer 8 '10 4 weeks Aug. 12-Sept 2

### Friday

Fall 1 '09 7 weeks Sept 18-Oct 30  
 Fall 2 '09 7 weeks Nov 6-Dec 18  
 Winter 3 '10 7 weeks Jan 8-Feb 19  
 Winter 4 '10 7 weeks Feb. 26-April 9  
 Spring 5 '10 7 weeks April 16-May 28

### Saturday

Fall 1 '09 6 weeks Sept 19-Oct 31  
 no class 10/24  
 Fall 2 '09 7 weeks Nov 7-Dec 19  
 Winter 3 '10 8 weeks Jan 2-Feb 20  
 Winter 4 '10 7 weeks Feb 27-April 10  
 Spring 5 '10 7 weeks April 17-May 29  
 Spring 6 '10 5 weeks June 5-July 3  
 Summer 7 '10 5 weeks July 10-Aug 7  
 Summer 8 '10 4 weeks Aug. 14-Sept 4

Subject to change



## REGISTRATION

- ◇ One half-hour class per week during semester
- ◇ Small class sizes with low child to instructor ratios
- ◇ Unlimited **FREE** public skating during semester
- ◇ Discounted skate rental for lessons. \$20 skate rental pass for semester covers lessons and public skate.
- ◇ Registration with the Ice Skating Institute which entitles the registrant to their quarterly magazine, Recreational Ice Skating Magazine
- ◇ Classes that do not meet the minimum number of participants may be combined or cancelled.
- ◇ \$112.00 for 7 wk session; \$128.00 per 8 wk semester (Super Stars: \$175 for 7 wks; \$200 for 8 wks).
- ◇ **No registration will be accepted without payment**
- ◇ **You must register one week prior to the start of the session. Applications after that time, if accepted, have a \$25 late charge.**
- ◇ **\$25 fee for switching classes after start of semester**
- ◇ **NO REFUNDS**
- ◇ **NO make-up classes** (there may not be another class available)
- ◇ Credits on file will only be issued with a doctor's note
- ◇ Classes are not usually cancelled due to inclement weather

Danbury Ice Arena  
 One Independence Way  
 Danbury, CT 06810  
 (203)794-1704  
[www.danburyice.com](http://www.danburyice.com)

Year 'round family fun on ice!!!





# LEARN TO SKATE SCHEDULE 2009-10



LEARN TO SKATE CLASS:	WED	THURS	FRI	SAT	CLASS DESCRIPTION:
TOT 1	4:00PM 4:35PM	10:00AM 4:00PM	10:00AM	9:10AM 10:20AM (Jan-May)	Tot 1 is for pre-school beginners (ages 3 1/2—5) whom have <b>never</b> skated. They will learn the proper way to fall, get up, march in place as well as across the ice.
TOT 2	4:00PM 4:35PM	10:30AM 4:00PM	10:30AM	9:10AM 10:20AM (Jan-May)	For the pre-school skater who has passed Tot 1. Skaters will learn a two-foot jump, forward swizzles and a 2-foot glide.
TOT 3	4:00PM	4:35PM		9:45AM 11:00AM (Jan-May)	After Tot 2, skaters will learn push and glide stroking, more advanced forward swizzles, a dip and preparation for a snowplow stop.
TOT 4	4:00PM	4:35PM		9:45AM 11:00AM (Jan-May)	Graduates of Tot 3 will learn T-position pushes, backward wiggles and swizzles and a snowplow stop. Skaters advance to Skate 2.
SKATE 1 (NEW-SKATER)	4:00PM 4:35PM 5:10PM	4:00PM 5:10PM		9:10AM 11:00AM (Jan-May)	This is the entry level class for those skaters who have <b>little or no experience</b> on the ice. Skaters will learn the proper way to fall, get up, march in place as well as across the ice. They will also be introduced to forward swizzles, backward wiggles and stops.
SKATE 2 (PRE-ALPHA)	4:00PM 4:35PM 5:10PM	4:00PM 5:10PM		9:10AM 11:00AM (Jan-May)	This class is for graduates of Skate 1 or for those skaters who have skating experience, but have not had formal lessons. Skaters must be able to skate and glide on their own. They will learn 2-foot and 1-foot glides, forward and backward swizzles, alternating forward 1/2 swizzles and snowplow stops.
SKATE 3	5:10PM	4:35PM		9:45AM	Skaters will learn more push & glide stroking, slaloms, forward pumping and edge and backward glides.
SKATE 4 (ALPHA)	5:10PM	4:35PM		9:45AM	Skaters will learn more advanced forward stroking, forward crossovers, one-foot snowplow stops, backward 1-foot glides and back pumping on a circle.
SKATE 5 (BETA)	4:35PM	5:10PM		10:20AM	In this level skaters will learn backward stroking, backward crossovers, t-stops, backward snowplow stops and two-foot turns on a circle.
SKATE 6 (PRE-GAMMA)	4:35PM	5:10PM		10:20AM	Graduates of Beta will be introduced to three-turns, mohawks, backward to forward transitions and side toe-hops. Skaters advance to Super Stars Bronze.
SUPER STARS BRONZE		5:10-6:15PM		9:45-10:45 (Sept-Dec) 10:20-11:30AM (Jan-May)	Class duration is one hour. Focus is on perfecting the basics previously learned and learning skills from the Gamma & Delta levels. \$200 per session.
SUPER STARS SILVER		5:10-6:15PM		9:45-10:45 (Sept-Dec) 10:20-11:30AM (Jan-May)	Class duration is one hour. Focus is on perfecting the basic skills previously learned and learning skills from Freestyle 1. \$200 per session.
ADULT SKATE 1 NON-SKATER		5:45PM		9:10AM	For pre-teens, teens and adults. Curriculum is the same as Skate 1 above.
ADULT SKATE 2		5:45PM		9:10AM	For pre-teens, teens and adults. Curriculum is the same as Skate 2 above.
ADULT SKATE 3		5:45PM		9:45AM	For pre-teens, teens and adults. Curriculum is the same as Skate 3 above.
ADULT SKATE 4		5:45PM		9:45AM	For pre-teens, teens and adults. Curriculum is the same as Skate 4 above.
ADULT SKATE 5/6		5:45PM		10:20AM	For pre-teens, teens and adults. Curriculum is the same as Skate 5 & 6 above.