

## Learn the FUN-damentals of Ice Skating!



Alpha Ice Skating School programs provide instruction to skaters ages 3 through adult in the basic skills necessary to ice skate safely, and the initial skills needed before advancing to figure skating or ice hockey.



### Learn to Skate Objectives

- To provide a fun and safe skating experience for beginners as well as more advanced skaters
- To teach correct technique of the basic skills of ice skating
- To develop a sense of coordination and balance on the ice
- To promote physical fitness in a rewarding group atmosphere

## Learn to Skate Schedule

### Basic Skills Program

#### Fall 1— 2017

**Fridays 6:30-7:00 pm - 6 classes: \$100**  
Sept. 8, 15, 22, 29, Oct. 6, 13

**Sundays 2:00-2:30 pm - 6 classes: \$100**  
Sept. 10, 17, 24, Oct. 1, 8, 15

*Friday, October 27- Bring a Friend to the*

### **SPOOKY SKATE** **HALLOWEEN PARTY ON ICE**

#### Fall 2— 2017

**Fridays 6:30-7:00 pm - 8 classes: \$135**  
Oct. 20, 27, Nov. 3, 10, 17 \* Dec. 1, 8, 15  
*\*No class Nov. 24*

**Sundays 2:00-2:30 pm - 8 classes: \$135**  
Nov. 5, 12, 19, 26 Dec. 3, \* 17  
*\*No class Dec. 10*

**Class walk-on: \$18.00**

*\* Single class walk-ons are not permitted on the first day of the session.*

### Snowball Tots Program

#### Fall 1— 2017

**Fridays 1:30-2:10 pm - 6 classes: \$100**  
Sept. 8, 15, 22, 29, Oct. 6, 13

#### Fall 2— 2017

**Fridays 1:30-2:10 pm - 8 classes: \$135**  
Oct. 20, 27, Nov. 3, 10, 17 \* Dec. 1, 8, 15  
*\*No class Nov. 24*



# Learn to Skate

## Fall 2017



66 Alpha Drive West, Pittsburgh, PA 15238

412.826.0800 [www.alphaicecomplex.com](http://www.alphaicecomplex.com)

## School Features

- Ice Skating Institute (ISI) *weSKATE* curriculum, *Skill Levels: Tot 1, 2, 3, 4, Pre-Alpha, Alpha, Beta, Gamma, Delta, and Freestyle, plus a separate Adult's class*
- Skill Achievement Evaluation & Testing
- Progression to the next higher skill level at skater's individual pace
- ISI Merit Badges for each skill level successfully completed and tested
- ISI Test Registration & Membership
- Free Skate Rental
- Free Public Skating Session immediately following each Basic Skills Program
- "Skate with Me Day" is the last class in each session. All enrolled students may bring one friend to class and to the public session immediately following at no charge!



## Registration Deadline

**ONE WEEK PRIOR TO FIRST CLASS,  
SPACE PERMITTING**

*Students may enroll after the session has begun providing space is available.*

## Basic Skills Program

Balance, forward and backward skating, stopping, turning and edges are taught in the group levels of the Basic Skills Program. Progression through each of the ISI skill levels provides the basic skills necessary for more advanced skating disciplines, such as figure skating and ice hockey.

- Must be at least 4 years of age
- No skating experience necessary
- **Helmets/hats are strongly recommended for all skaters. Helmets required for skaters 7 years of age and younger.**
- **Gloves or mittens are required**

### **Program Includes**

- 30-minute Weekly Instructional Class
- Public Skating Session immediately following



## Snowball Tots Program

This program focuses on teaching preschool aged children beginning skating skills needed to develop the preliminary coordination, balance, and strength to maneuver on ice skates. Learning through fun and games, tots are taught the proper way to fall and get up, skate forward and backward, glide and stop; preparing them for more advanced skating skills.

- Children 3 – 5 years of age
- No skating experience necessary
- **Helmets & gloves are required**

### **Program Includes**

- 30-minute Weekly Instructional Class
- 10-minute Supervised Practice Time
- Skate Rental

## **Learn to Skate**

### Registration & Policies

- **Advance registration with full payment and completed registration form is required to enroll.** Registration forms are available at the Alpha Ice Customer Service Desk.
- Additional family members enrolled in the same program and session will receive a 10% discount on their program fee. No other discounts may be combined. Discount not available online.
- Class size is limited and enrollment will be on a first-come, first-served basis. Space permitting, late enrollment may be available and fee will be prorated for the number of classes remaining in the session.
- A minimum of five students must be enrolled at each level or class skill levels may be combined.
- Students must attend the same class day and time for which they are registered throughout the program session.
- **Make-up classes are limited to ONE completed BEFORE the end of the registered session.** There are no refunds or credits if a student is unable to attend a make-up class. A make-up class is not permitted for missing "Skate with Me Day" (last class in each session).
- Skill evaluations will be distributed the week prior to Skate with Me Day.

