

Learn to Skate Schedule

Basic Skills Program

Winter 2022

Fridays 6:30-7:00pm

Tuesdays: 5:20-5:50pm

Snowball Tots: 1:30-2:10pm

Fridays:

7 classes \$160

January 14, 21, 28, February 4, 11, 25,
March 4

*This fee includes a public session
immediately following class

Tuesdays:

7 Classes \$140

January 11, 18, 25, February 1, 8, 15, 22

Snowball Tots:

7 Classes \$140

January 11, 18, 25, February 1, 8, 15, 22



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

ALPHA

ICE COMPLEX

Learn -TO- Skate



Winter 2022



66 Alpha Drive West, Pittsburgh, PA 15238

412.826.0800 www.alphaicecomplex.com

School Features

- Ice Skating Institute (ISI) *weSKATE* curriculum, Skill Levels: Tot 1, 2, 3, 4, Pre-Alpha, Alpha, Beta, Gamma, Delta, , plus a separate Adult's class (if enrollment allows)
- 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 included for all registered skaters in the program!
- Free Skate Rental
- Limited class size based on the ISI's recommendations
- Year-round group lesson program



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
- Skate Rental/Helmet rental

Snowball Tots Program

This is the ideal class for 3-5 year olds. 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.

- Must be at least 3 years old
 - Helmets are required
 - Gloves or mittens are required
- ### Program Includes:
- 10 minute off ice instruction
 - 30 minutes instructional class
 - Skate rental/ Helmet rental

Registration

Advance registration with full payment and completed registration form is required to enroll.

- 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 is not available online.
- Class size is limited and enrollment will be on a first-come, first-served basis. Space permitting.
- A minimum of five students must be enrolled at each level or class skill levels may be combined.
- Skaters may make up one class per session.
- There are no refunds or credits if a student is unable to attend class.
- Skill evaluations will be distributed on the last week of classes.

