



Skating School

Learn to Skate at East West Ice Palace



EAST WEST
ICE PALACE

Our Skating School offers classes for all ages and abilities — from pre-schoolers to adults, beginners to advanced skaters. Classes begin with the fundamentals and progress to more advanced and specialized skills.

We participate in the Learn to Skate USA program, created by U.S. Figure Skating and endorsed by USA Hockey, US Speedskating, the Professional Skaters Association (PSA), and the Special Olympics.

The Learn to Skate USA program was introduced in June 2016. It is derived directly from the Basic Skills program in which East West Ice Palace has participated since we opened the rink in 2005. Beyond the name change, the Learn to Skate USA program includes some changes to the curriculum. These changes are not drastic, but they incorporate improvements based on years of experience with the earlier program. We have made a smooth transition from one program to the other.

Our goals for the Skating School at East West Ice Palace:

1. To make your skating safe and pleasurable.
2. To improve your skills through progressive levels which will bring confidence and satisfaction at each step.
3. To build a solid foundation which will serve you well if you later decide to pursue an ice sport, whether it be figure skating, speed skating, or ice hockey.

Registration Information

Our program runs year-round. You can start at any time.

Classes are offered on Monday, Wednesday, Friday, and Saturday evenings. Attendance is flexible. Pick and choose what fits your schedule.

The tuition is \$100 for each set of 8 classes, plus a \$15 registration fee the first time you enroll.

That works out to \$12.50 per class. For this price you get a half-hour class, skate rental, and public session admission on each day you take a class.

Most of our students attend one class per week, but you can choose to do more (or less) if you prefer. Each time you attend you use one class credit. We keep track of how many you've used and how many remain. We'll let you know when your credits are running out and it's time to renew.

This system is very flexible. You can attend on whichever day(s) of the week you prefer and vary your schedule from week to week. If you are out sick, away on vacation, or simply busy with other activities, you will not lose any credits. They are yours to use at your own pace.

Registration is handled at the rink. If you want to start on the same day that you sign up, please arrive at least 20 to 30 minutes before the scheduled class time. It will take about that long to complete the paperwork, get your skates and lace them up, introduce yourself to the teachers, and get out on the ice without being rushed.

If you are considering taking classes but aren't ready to commit to a full set of eight, we do offer the option of a "Trial Class". This is a single class priced at \$20, intended to help you decide whether you want to continue with more. If you do decide to register for a full set, we recommend that you do so the same day — we'll apply the trial class fee toward the regular price, charging you the difference of \$95. If you wait until a later date, the normal rates will apply (\$100 for eight classes plus the \$15 registration fee — a total of \$115).

Age Requirements

Many people ask, "What is a good age to start skating?" There are no real limits. Ice skating is a lifetime activity, something you can do for pleasure, health, and fitness at any age. We generally find that most children do well on the ice from around three years old, though that is not a fixed minimum. Some are ready to tackle the challenge much sooner than that. As to the grown-ups, if you are in good health and are accustomed to physical activity, you can learn to skate too. Many of our parents and even a few grandparents like to take classes along with their young ones.

Selecting a Class

We'll help you find the class and level that's right for you. We'll start by asking a few questions during the registration process about your interests and your prior skating experience (if any). Then, during your first class session, your teacher will conduct an informal evaluation to decide the proper placement based on your current abilities.

Attire

It is not necessary to be fancy. It is necessary to stay warm. This is *ice* skating after all, and ice is cold — no way around that fact. So wear warm clothes.

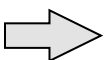
For the youngest skaters, a warm jacket or snowsuit (or perhaps a couple layers of sweatpants) will protect against the cold and also provide some padding to avoid bumps and bruises. Gloves or mittens are essential, since it is normal for the youngsters to spend some time on their hands and knees while they learn.

The older skaters will figure out as they go along how much clothing they need to keep warm without restricting their movement. They should plan on starting on the warm side and peeling layers as they go.

Good socks are also essential. These must come up at least a few inches above the ankles to prevent the skates from rubbing directly against the skin.

Safety Gear

It is not a requirement, but we do strongly recommend that the little ones wear a helmet (such as a lightweight bicycle helmet) to protect against head bumps. Knee pads are a good idea, too. Falling down is an unavoidable part of learning. Warm clothes and a bit of padding will help a young skater overcome the fear of learning something new.





Classes Offered

Snowplow Sam 1 – 4

Introduces preliminary skills to our youngest skaters. Learn dips, swizzles, wiggles, and stops. Ages 5 or under start here.

Basic 1 – 6

Six carefully planned levels allow the beginning skater to feel comfortable on the ice while learning the basic techniques which form the foundation for all aspects of ice skating. Ages 6 thru teens start here.

Pre Free Skate

For those skaters who develop an interest in figure skating, Pre Free Skate begins exploring the specific skills needed to move into the the various figure skating disciplines.

Free Skate 1 – 6

Skaters learn jumps, spins, footwork, and other exciting athletic and artistic moves.

Adult 1 – 6

Promotes overall fitness, improves balance and coordination while mastering the basics of ice skating. Ages 18 and up start here.

Hockey 1 – 4

Introduces the basics of hockey skating skills, focusing on power and agility to make players more successful in a game situation.

Specialty Classes

Specialty classes provide an opportunity for the more advanced skaters to work on specific skills. We currently offer **Axel, Spin, and Power Stroking** classes. The Power Stroking class is a 40-minute class on Saturday evenings for skaters in Basic 5 and up.

Class Schedule

Day	Time	Classes
Monday	5:00 pm - 5:30 pm	Snowplow Sam 1-4 Basic 1-6 Pre Free Skate Free Skate 1-6 Adult 1-6 Axel
Wednesday	5:05 pm - 5:35 pm	Snowplow Sam 1-4 Basic 1-6 Pre Free Skate Free Skate 1-6 Axel
	5:40 pm - 6:10 pm	Hockey 1-2
Friday	5:30 pm - 6:00 pm	Snowplow Sam 1-4 Basic 1-6 Adult 1-6 Spin
	6:00 pm - 6:30 pm	California Gold Nuggets (Synchronized Team Practice)
	6:30 pm - 7:00 pm	Basic 1-6 Pre Free Skate Free Skate 1-6 Axel
Saturday	5:00 pm - 5:30 pm	Snowplow Sam 1-4 Basic 1-6 Beginning Adult Spin
	5:45 pm - 6:25 pm	Power Stroking
	6:30 pm - 7:00 pm	Basic 1-6 Pre Free Skate Free Skate 1-6 Intermediate/Advanced Adult Axel

Please note that the specific classes and ability levels offered during each class period may occasionally be adjusted to meet the changing needs of the students enrolled. Visit our website for the latest info.

Cancellations and other deviations from the regular schedule are *very infrequent*, but do occur from time to time. Our website is the best source for up to date information.

There's more on our website:

Bonus Credits
Earn free classes as a reward for frequent attendance.

Family Accounts
Family members share class credits and save money by earning bonus credits at an accelerated pace based on combined attendance.

Curriculum
The skills you will learn at each level in the Learn to Skate curriculum.