

**Minnetonka Ice Arena
All Season Skating School
3401 Williston Road
Minnetonka, MN 55345
952-939-8310
www.eminnetonka.com**

DIRECTED BY:

Carol Timm - USFSA Double Gold Medalist in Freestyle and Figures. Coach of Regional, Sectional, and National Competitors.

ABOUT THE CLASSES:

This lesson program follows the Ice Skating Institute (ISI) testing structure. Students are evaluated on the first day of class and placed in a group based on age and ability level. They are evaluated again at the end of the session according to the ISI testing standards, and will be given a certificate indicating which level to register for next session. If the skater passes a level, he/she will receive a test badge, have their test registered with ISI, and become an ISI member for a year. The ISI membership fee is built into your class fee. Tests must be taken in order: Pre-Alpha, Alpha, Beta, Gamma, Delta, etc. **It is common for a student to repeat a level (sometimes more than once) before mastering all the skills required to advance to the next level.** Please remember each level is structured to build on skills mastered in previous levels. Visit www.skateisi.org for more information on ISI.

COST

\$100.00 for 12 weeks of lessons.

PRE-REGISTRATION IS REQUIRED

See registration form for registration deadlines.

37th ANNUAL SILVER SKATES ICE REVUE:

The 37th annual year-end show will be presented on May 5, 6, 7, 2011. Skaters enrolled in Session II (Jan – Mar, 2011) may participate. Show registration forms will be available mid-November and will be due **mid-January, 2011.**

Show registration and costume fee is \$80.00.

GENERAL INFORMATION:

PRE-REGISTRATION IS REQUIRED.

Registrations may be made by telephone Monday through Friday during business hours, by mail or anytime in person. Online registration is not available at this time. Payment is required with each registration. **Please note the registration deadlines.** All registrations are accepted on a first come, first serve basis until classes are full. **No confirmations will be sent**, you will be contacted if your class is full. We recommend that all beginner skaters wear mittens, helmets, and warm clothing that will not impede their movement. All skaters should have single blade skates with tie closures. Parents are not allowed on the ice unless registered for an adult class during the same block of lessons as the child. We ask that parents and spectators sit **in the bleachers behind the glass** during class sessions so that students are not distracted. A practice area is available for registered skaters who are enrolled in a class offered during that block of lessons, i.e. Tues. evenings or Sat. mornings. If you have any questions or comments on class structure, class pre-requisites, practice area, late registration or refund policy, call the arena office at 952-939-8310 or leave a message on Carol Timm's voice mail at 952-939-8318.

PRIVATE LESSONS AND PRACTICE ICE:

Ice time for private lessons and practice for figure skaters is available Monday through Friday mornings 6:30 - 9:30 am in Rink A. All skaters must purchase a 10-hour ice time pass for \$100.00 from the arena office or a season pass that entitles the skater access during all available ice times. Fees for private lessons are set by and paid separately to the instructor. For more information about private lessons, leave a message on Carol Timm's voice mail at 952-939-8318.

REFUND POLICY:

Cancellation requests must be made **two full working days prior to the start of a class session** by calling the arena office at 952-939-8310. All approved cancellations will be assessed a \$5.00 administrative fee. A partial refund will be considered if an injury or serious illness occurs. No refunds will be given for a single cancelled class due to circumstances beyond our control (i.e. weather, power outage).

DATES TO REMEMBER

Please mark the following dates on your calendar:

SESSION I

*Session I registrations are due before 3:00 pm on Monday, September 13, 2010

*Session I classes begin and end on the following dates:

Tuesday: September 14 – December 7, 2010

Wednesday: September 15 – December 8, 2010

Saturday: September 18 – December 11, 2010

*There are no classes on Nov. 23rd, 24th, & 27th, 2010.

*Session I testing for Pre-Alpha through Delta will occur on the last day of class.

*Session I testing for all Freestyle levels will occur on Wednesday, December 15, 2010.

SESSION II

*Session II registrations are due before 3:00 pm on Friday, January 7, 2011.

*37th Annual Silver Skates Ice Revue registrations are due in early January 2011.

*Session II classes begin and end on the following dates:

Tuesday: January 11 - March 29, 2011

Wednesday: January 12 - March 30, 2011

Saturday: January 8 - March 26, 2011

*Session II testing for Pre-Alpha through Delta will occur on the last day of class.

*Session II testing for all Freestyle levels will occur on Wednesday, April 6, 2011.

**DUE TO LIMITED CLASS-SIZES, NO
MAKE-UP LESSONS ARE AVAILABLE
FOR MISSED CLASSES.**

Learn to skate at the...

**Minnetonka Ice Arena
All Season
Skating School**

12 Week Sessions available:

Tuesday Tot Lessons

Basic Skating Skills for ALL Skaters

Hockey Skating Skills

Advanced Figure Skating Lessons

Adult Lessons for All Levels

Supplemental Classes for Figure Skaters

**Session I registrations are due
before 3 pm on Mon., Sept. 13th, 2010**

**Session II registrations are due
before 3 pm on Fri., Jan. 7th, 2011**

PRE-REGISTRATION IS REQUIRED

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YOUTH LESSONS FOR BEGINNERS AND FIGURE SKATERS

We recommend that all beginner skaters wear mittens and warm clothing that does not impede their movement. HELMETS ARE REQUIRED FOR PRE-ALPHA SKATERS. All skaters should wear single blade skates with tie closures.

PRE-ALPHA:

All Skaters who have not passed pre-alpha or have no previous lesson experience.

Boys and girls age 5 to 7:	Tuesday	5:30 - 6:00 pm
Boys and girls age 8 and up:	Tuesday	6:00 - 6:30 pm
Girls age 4 and up:	Saturday	10:30 - 11:00 am
Boys age 4 and up:	Saturday	11:00 - 11:30 am

ALPHA: Pre-requisite: Must have passed Pre-Alpha

Boys and girls all ages:	Tuesday	6:00 - 6:30 pm
Boys and girls age 8 and up:	Saturday	9:45 - 10:15 am
Boys and girls age 5-7:	Saturday	11:30am-12:00 pm

BETA: Pre-requisite: Must have passed Alpha

Class Day/Time:	Tuesday	5:00 - 5:30 pm
Class Day/Time:	Saturday	9:45 - 10:15 am

GAMMA: Pre-requisite: Must have passed Beta

Class Day/Time:	Tuesday	5:00 - 5:30 pm
Class Day/Time:	Saturday	9:45 - 10:15 am

DELTA: Pre-requisite: Must have passed Gamma

Class Day/Time:	Tuesday	5:00 - 5:30 pm
Class Day/Time:	Saturday	9:45 - 10:15 am

FREESTYLE 1: Pre-requisite: Must have passed Delta

Class Day/Time:	Wednesday	5:30 - 6:00 pm
Class Day/Time:	Saturday	8:45 - 9:15 am

FREESTYLE 2: Pre-requisite: Must have passed FS 1

Class Day/Time:	Wednesday	5:00 - 5:30 pm
Class Day/Time:	Saturday	8:45 - 9:15 am

FREESTYLE 3: Pre-requisite: Must have passed FS 2

Class Day/Time:	Wednesday	5:00 - 5:30 pm
Class Day/Time:	Saturday	8:45 - 9:15 am

FREESTYLE 4: Pre-requisite: Must have passed FS 3

Class Day/Time:	Wednesday	5:30 - 6:00 pm
Class Day/Time:	Saturday	8:45 - 9:15 am

FREESTYLE 5: Pre-requisite: Must have passed FS 4

Class Day/Time:	Wednesday	5:00 - 5:30 pm
Class Day/Time:	Saturday	8:45 - 9:15 am

FREESTYLE 6: Pre-requisite: Must have passed FS 5

Class Day/Time:	Wednesday	5:30 - 6:00 pm
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HOCKEY SKATING SKILLS

All skaters in this program must have passed Pre-Alpha OR must be able to comfortably skate forward and backward. Students will be placed in classes according to ability. NO PUCKS OR STICKS WILL BE USED. Padding is not required; however practicing with pads can be beneficial due to their weight and bulk, HELMETS ARE REQUIRED. Skaters will learn skating techniques needed for playing hockey i.e. crossovers, all stops, turning and edges. Emphasis is on proper skating technique.

Class Day/Time:	Saturday	11:00 - 11:30 am
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SUPPLEMENTAL CLASSES FOR FIGURE SKATERS

POWER AND EDGE CLASSES: Recommended for all skaters who have passed Beta and above. Emphasis is on stroking, edges, power and carriage.

Low Power and Edge-

Pre-requisite: Passed Beta

Class Day/Time:	Saturday	9:15 - 9:45 am
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Intermediate Power and Edge-

Pre-requisite: Passed Pre-preliminary Moves or Freestyle 2.

Class Day/Time:	Wednesday	6:00 - 6:30 pm
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Advanced Power and Edge-

Pre-requisite: Passed Juvenile Moves or Freestyle 6.

Class Day/Time:	Tuesday	4:30 - 5:00 pm
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PRE-PRELIMINARY THROUGH JUVENILE MOVES:

Pre-requisite: Passed Freestyle 2 or with instructor permission.

Class Day/Time:	Wednesday	4:30 - 5:00 pm
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INTERMEDIATE AND UP MOVES:

Pre-requisite: Passed Juvenile Moves but not passed Senior Moves.

Class Day/Time:	Saturday	12:00 - 12:30 pm
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SPIN CLASS:

Pre-requisite: Passed Freestyle 4. Emphasis is on proper spin technique and positions.

Class Day/Time:	Saturday	11:30am-12:00 pm
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TUESDAY ADULT PROGRAM:

Parents and tots enrolling together for Tuesday daytime lessons receive a 25% discount on the parent's registration!

ADULT BEGINNER: Pre-Alpha and Alpha

Class Day/Time:	Tuesday	9:30 - 10:00 am or 1:00 - 1:30 pm
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ADULT INTERMEDIATE: Beta, Gamma, and Delta

Class Day/Time:	Tuesday	10:00 - 10:30 am or 1:30 - 2:00 pm
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ADULT ADVANCED: Freestyle 1 and above

Class Day/Time:	Tuesday	10:30 - 11:00 am or 2:00 - 2:30 pm
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SATURDAY ADULT PROGRAM:

ADULT BEGINNER: Pre-Alpha and Alpha

Class Day/Time:	Saturday	9:15 - 9:45 am
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ADULT INTERMEDIATE: Beta, Gamma, and Delta

Class Day/Time:	Saturday	9:15 - 9:45 am
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ADULT ADVANCED: Freestyle 1 and above

Class Day/Time:	Saturday	9:15 - 9:45 am
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WEDNESDAY ADULT PROGRAM:

ADULT BEGINNER: Pre-Alpha and Alpha

Class Day/Time:	Wednesday	8:00 - 8:30 pm
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ADULT INTERMEDIATE: Beta, Gamma, and Delta

Class Day/Time:	Wednesday	8:30 - 9:00 pm
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ADULT ADVANCED: Freestyle 1 and above

Class Day/Time:	Wednesday	8:30 - 9:00 pm
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ADULT DANCE/MIF: Freestyle 1 and above

DANCE: Wednesday 9:00 - 9:30 pm

MIF: Wednesday 8:00 - 8:30 pm

Adults taking two classes on Wednesday nights will receive a 10% discount on the second class!

****FIT AND TRIM**** \$3.00/day

Day/Time: Wednesday 9:30 - 10:30 am

Stretch, aerobic warm-up, exercise on ice and cool down.

Must be able to skate forwards and backwards.

No pre-registration necessary!

TUESDAY TOT PROGRAM:

(3-6 years old)

We recommend tots wear mittens and warm clothing that will not impede their movement and single blade skates with tie closures. ALL SKATERS IN THE TOT PROGRAM ARE REQUIRED TO WEAR HELMETS. Skaters will be placed in groups within each level, with each group limited to 8 students.

ICE CUBES: Children who have never had lessons before or who need help marching across ice.

Class Day/Time:	Tuesday	9:30 - 10:00 am or 1:00 - 1:30 pm
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ICICLES: Children who are beginning to push and glide and beginning to "wiggle" backwards.

Class Day/Time:	Tuesday	10:00 - 10:30 am or 1:30 - 2:00 pm
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SNOWFLAKES: Children who have passed Icicles.

Class Day/Time:	Tuesday	10:30 - 11:00 am or 2:00 - 2:30 pm
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SNOWBALLS: Children who have passed Snowflakes.

Class Day/Time:	Tuesday	10:00 - 10:30 am or 1:30 - 2:00 pm
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ALPHA TOTS: Children who have passed Pre-Alpha

Class Day/Time:	Tuesday	10:30 - 11:00 am or 2:00 - 2:30 pm
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BETA TOTS: Children who have passed Alpha

Class Day/Time:	Tuesday	10:30 - 11:00 am or 2:00 - 2:30 pm
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ABOUT OUR CLASSES:

Skaters will be placed in groups according to age and ability level; therefore we cannot guarantee that a skater will be placed in a class with a friend. We recommend that all beginner skaters wear mittens, helmets, and warm clothing that will not impede their movement. Very beginning skaters are also encouraged to wear snowpants for the first few classes. All skaters must have single blade skates with tie closures (no buckles, velcro, or straps). A practice area is available for registered skaters to use outside their class time. Registered skaters may use this practice area only during the block of classes in which they are enrolled. Family members and friends who are not registered for a class may **not** use the practice area. Parents are welcome to watch while seated in the bleachers behind the glass, **but please do not walk out onto the ice surface or distract the students while class is in session.** Due to enrollment, class times may be subject to change.