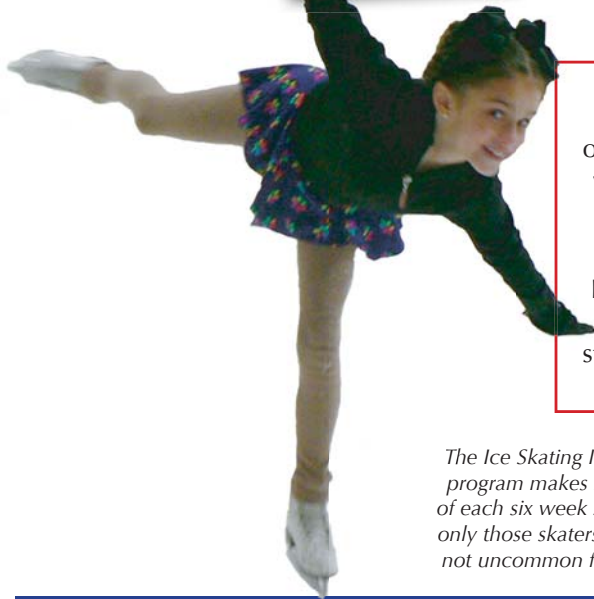


# CLASS DESCRIPTIONS

## Figure Skating - Cost \$90.00

The Figure Skating Program is designed to introduce individuals to the basic skills of skating. The program consists of a variety of levels which moves the skater through a series of progressive classes. These 30 minute classes will develop the familiarity, coordination, and strength needed for skating. Participants are generally age 5 and up.



### Basic Skill Program

#### Class Name

#### Skills Learned

#### Pre-Alpha Beginners

(No Minimum Qualifications. Open to skaters who have no experience on ice. Skaters will be grouped according to age & ability)

- One and two foot glides
- Forward and backward swizzles
- Backward wiggle
- Two foot snowplow stop

#### Alpha

(Must have passed Pre-Alpha)

- Forward stroking
- Forward crossovers (both directions)
- One foot snowplow stop

#### Beta

(Must have passed Alpha)

- Backward stroking
- Backward crossovers (both directions)
- T-stop (right/left foot, outside edge)

#### Gamma

(Must have passed Beta)

- Left/right forward outside one foot, 3 turn
- Left/right inside open Mohawk
- Hockey stop

#### Delta

(Must have passed Gamma)

- Right/left forward inside one foot, 3 turn
- Forward inside/forward outside edges
- Lunge or shoot the duck

### Private Lessons - Cost Varies

Private lessons are set up through the skating school office at 651-770-7324. Cost of both ice time sessions will vary depending upon the amount of lesson time

### Freestyle levels - Cost \$90.00

Based on demand, ProEdge will be offering Freestyle Levels 1-6. Freestyle levels must be taken in order, starting with freestyle one. If you're interested, contact the Learn-to-Skate program office at 651-770-7324.

*The Ice Skating Institute (I.S.I) is a complete graded program of lessons. The I.S.I testing program makes it possible for skaters to earn I.S.I badges. Tests will be given at the end of each six week session. A badge for each test level passed will be awarded. We will test only those skaters ready to pass, so as to make it a positive environment for learning. It is not uncommon for a student to repeat a level before mastering all the skills at that level.*

## Hockey - Cost \$90.00

The Hockey Learn-To-Skate program is designed to enhance power and speed and to incorporate stick handling, and skills of the game of hockey. Participants are generally ages 6 and up.



Class Name	Minimum Qualifications	Skills Learned
MITE Hockey	Skaters who have usually skated at a Mite level	• Learn basic skills of balance, edges, stopping, backwards and crossovers.
SQUIRT Hockey	Skaters who have played before and are usually at the Squirt level	• Correct technique for forward and backward strides, quick starts, quick crossovers (forward and backward), turns and agility



Diane Ness with student Zach Parise

## REGISTRATION FORM

Return this portion with full payment

Participant's Name \_\_\_\_\_

Parent's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Birth Date \_\_\_\_\_

Email Address \_\_\_\_\_

List any tests previously passed: \_\_\_\_\_

\_\_\_\_\_

List any health problems: \_\_\_\_\_

\_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

\_\_\_\_\_

### Check Session:

Monday- Spring

**Class Name:** (see class description)

**Class Time:** (Check time below)

**Monday PM-** \$90.00 per 6-week session

5:40-6:10

6:10-6:40

6:50-7:20

*The School's Directors will not be held responsible for any injuries or loss of property while the student is attending school. The signature on this form absolves the school of all responsibility.*

**Make Checks payable to:**

**Diane Ness**

nesshome@hotmail.com

Mail Payment to:

Pro-edge Power

P.O. Box 9302, N St. Paul, MN 55109