

### ***The goals of the SIA program are:***

- ⇒ To provide a fun and safe skating experience for the beginner and the advanced skater as well.
- ⇒ To teach the correct techniques of the basic elements of skating.
- ⇒ To promote health and physical fitness.
- ⇒ To develop balance and coordination and self confidence.
- ⇒ Our Basic Skills curriculum is designed to take our students from first time on the ice until they accomplish their goals



At Sherwood Ice Arena, we're committed to the development of every skater that enters our facility. Weekly lessons are taught by USFS certified professional instructors. Sherwood Ice Arena offers a complete recreational and more advanced skating program for all levels and ages. The curriculum is based on the US Figure Skating (USFS) Basic Skills skating and testing program.

Recommended attire for every student would be loose fitting clothing such as sweat pants and a light jacket. Gloves or mittens are **a must**. Thin socks are much better than thick socks. It's better to have the skate fit the foot and not the sock. Helmets not required, but **highly recommended**.

### **Cost:**

- \$11.00 per class (and \$15 \* USFS Basic Skills registration per year), payable at the time of registration.
- All students must join USFS annually. This qualifies you for testing, shows, competitions, and is an insurance policy.
- \* Membership year is from July 1st through June 30th each year.
- 10 % off for each additional family member
- Students enrolling in 2 or more classes per semester will receive 10% off after the first class.
- Only one discount will be applied, whichever is greatest.
- No refunds given after second week of semester.
- Please note: No make up classes allowed during the last two weeks of a semester.
- Make up your own Group Class - if classes offered do not fit into your schedule and you have a group of FOUR or more friends with similar skating abilities, we may be able to arrange a special class time for you. (other students may be added to your group class if applicable).

For further information regarding specific programs or class schedules, please contact Judy Bowman,  
Skating School Director  
(503) 625- 5757

9/1/2011



## ***Learn to Skate***

***~ Includes Free ~  
Unlimited Public  
Skating***

### ***Program Information guide***



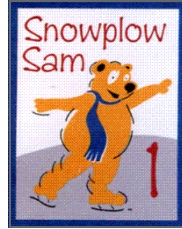
Sherwood Ice Arena  
20407 SW Borchers Dr.  
Sherwood, OR. 97140  
(503) 625-5757

[www.sherwoodicearena.com](http://www.sherwoodicearena.com)



### Parent & Me (Ages 2-3)

Designed for Parent & child to get comfortable on the ice. What an opportunity to bond and learn to skate in a fun, relaxed atmosphere. One parent and child per class. Fee includes both parent and child



### Snowplow Sam 1-(Ages 4-5)

This class introduces your child to skating and helps the preschool age students develop preliminary coordination and strength necessary to maneuver on the ice. They will learn the proper way to fall and get up along with marching, moving & forward skating.

### Adult class

The Adult curriculum is for the beginner skater up. Helps to promote physical fitness, improve balance and coordination. This is an exciting program for those adults looking to skating as an enjoyable way for a fit and healthy lifestyle.

### Health Benefits of Ice Skating

Everyone from Toddlers to seniors can enjoy the health benefits of ice skating. Ice Skating helps build endurance, strengthen muscles, and increase flexibility. Calories burned during recreational ice skating is about 250-180 per hour!

*Do you have a private coach? You might want to consider a Private Coach to assist you on your path. Inquire at guest services*

## Basic 1-8

The "Basic Skills" are the fundamentals of the sport. The eight levels of the program introduce the fundamental moves, and upon completion of Basic 1-8 the student will have a basic knowledge of the sport enabling them to advance to more specialized areas of skating.



### Basic 1

Basic 1: 6-12 years

No pre-requisites, this is for the beginner skater. The skater will learn to fall and get up correctly, two foot glides, forward swizzles, forward skating.



**Basic 2:** must have passed Basic 1.

The student advances to one foot glides, backward glides, and backward swizzles.

**Basic 3:** must have passed Basic 2. Skills: Forward stroking, swizzles on a circle, forward to backward turns, two foot spins.

**Basic 4** Graduated from Basic 3. Skills: Forward inside/ outside edges, forward crossovers.

**Basic 5** Graduated Basic 4. Backward outside/ inside edges, backward crossovers, one foot spin.

**Basic 6** Must have graduated Basic 5. Forward inside three-turn from a T position, backward to forward two-foot turn on a circle, T stop, bunny hop, forward lunge.

**Basic 7** Graduated Basic 6. Forward inside open Mohawk from a T- position, backward crossovers to a backward outside edge glide

**Basic 8** Graduated Basic 8. Moving forward outside/inside three turn on a circle, waltz jump.

**Freestyle 1-3** (Freestyle 1-3) FS4 and above with coaches approval. Designed for the more advanced level skaters to polish their foundation while increasing their skill set and adding more elements to their repertoire

**Freestyle 4-6** (Jumps/Spins/Axels) Must be FS5 and above with coaches/Directors approval. Wide variety of exercises, and jump entrances to help prepare students for competitions and testing.

### Program Structure

Our Learn to Skate program consists of two month semesters. Space is limited, so be sure to sign up early.

#### Features Include:

- ⇒ 1/2 hour group class
- ⇒ Rental Skates
- ⇒ Unlimited free public session pass for practicing (the exception is Friday evenings) Skate rental not included.
- ⇒ Four free guest passes
- ⇒ Progress Reports are presented to each student after the first month of classes.
- ⇒ Certificates are presented to each student at the end of the semester.
- ⇒ USFS Badge Testing will be offered at the end of each semester for a nominal fee. You would need to sign up for the test prior to the last class of the session.

*A student may be moved up or down by the coach during current session in order to better facilitate the individual students needs.*

Students will graduate to the next level of the program when they show mastery at the coaches discretion of their current level's objectives. Student may not sign up for the next level class without previous coaches approval.

*\*\*Please keep in mind: All missed classes and free Public Session punches MUST be used in the current semester.*