

# LESSONS FOR ALL AGES

## GENERAL INFORMATION FOR YOUTH & ADULT LESSONS

All basic skills and freestyle lessons are 30 minutes in length. The power skating class, offered on Monday nights, is 15 minutes in length. The Monday and Saturday basic skills lessons include a 15 minute practice in between the two class times for any skater enrolled in the session. Registrations are accepted on a first-come-first-served basis at the Parks and Recreation office by mail, fax, phone or hand delivery. For your convenience, we will also take your registration at the Washington Park Ice Arena. Parks and Recreation cannot guarantee the availability of rental skates in all sizes.

### LEARN-TO-SKATE CLASS DESCRIPTIONS

This information describes the Ice Skating Institute basic skill levels. Please refer to this when deciding which class is best for you or your child.

LEVEL	DESCRIPTION
PRE-ALPHA	For all beginning skaters, this class will introduce forward and backward skating skills.
ALPHA	For skaters who have passed the Pre-Alpha class/test. More advanced forward skating maneuvers and basic stops are taught.
BETA	For skaters who have passed the Alpha class/test. More advanced skating maneuvers and intermediate stops are taught as well as backward skating.
GAMMA	For skaters who have passed the Beta class/test. A variety of turns and change of direction are taught.
DELTA	For skaters who have passed the Gamma class/test. Edges and basic freestyle maneuvers are introduced.



**\* ISI**

*It is a requirement to be an ISI member to take basic skills lessons!*

### Why Join ISI?

ISI's learn-to-skate program is a fun recreational ice skating program for all ages and abilities. You'll learn basic and advanced skating skills and earn colorful badges for each completed level. Want to perform in a show or competition? ISI hosts and endorses competitions and shows in member ice arenas across the country. ISI promotes these events in Recreational Ice Skating magazine, which you receive FREE as a member. ISI membership is required for Beta level and higher.

Individual Recreational Skater Membership Benefits:

- Personalized membership card.
- Recreational Ice Skating - quarterly magazine featuring recreational ice skaters, programs, events and tips.
- Test registration and patches.
- Opportunities to perform locally and nationally.
- Access to skating manuals and brochures.
- Accident Insurance.

**Registration Fee: \$13 - 1 year**

**Activity #: 266691-1**