

Morgan Park Sports Center

Figure Skating Classes

Fall 1 Session: September 6th – October 29th

Online Registration: Tuesday, August 2nd 9:00 am

<u>Level</u>	<u>Ages</u>	<u>Days</u>	<u>Times</u>
<u>Toddler Skating</u>			
Baby Blades	18 mo – 3	Wednesday	11:45 – 12:45 pm
<u>Pre-School Learn to Skate</u>			
Snowplow Sam 1 – 4	3 – 5	Tuesday	10:15 – 10:45 am
Snowplow Sam 1 – 4	3 – 5	Wednesday	12:30 – 1:00 pm
Snowplow Sam 1 – 4	3 – 5	Saturday	8:45 – 9:15 am
<u>Learn to Skate</u>			
Basic 1 – 6	6 to 12	Saturday	8:00 – 8:45 am
Basic 1 – 3	6 to 12	Saturday	9:15 – 10:00 am
<u>Advanced Levels</u>			
Pre-Free Skate	6 and Up	Saturday	7:00 – 7:45 am
Free skate 1 – 6	6 and Up	Saturday	7:00 – 7:45 am
<u>Teen & Adult Levels</u>			
Teen & Adult 1 – 6	13 and Up	Tuesday	9:30 – 10:15 am
Teen & Adult 1 – 6	13 and Up	Saturday	7:00 – 7:45 am
<u>Specialty Classes</u>			
Off-Ice Advanced Jump	6 and Up	Saturday	9:00 – 9:45 am
Off-Ice Advanced Strength & Stretching	6 and Up	Saturday	8:00 – 8:30 am
Ice Dance	13 and Up	Thursday	11:00 – 11:50 am

Class Fees

Level	Ages	Fee
Baby Blades	18 mo – 3	\$50.00
Snowplow Sam	3 – 5	\$73.00
Basic Levels	6 and Up	\$80.00
Free Skate Levels	6 and Up (Advanced Skaters)	\$88.00
Teen & Adult	13 and Up	\$98.00
Specialty Classes	--	\$30.00 - \$98.00

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Figure Skating Beginner Class Descriptions

Baby Blades: This new class is for the toddler - aged child, interested in skating! The hour long class will include pre-class instruction with guardian, approx 20 - 30 min on the ice for the skater, and story or craft time afterward. Children are encouraged to explore their abilities, enhance listening capabilities, socialize in a group and develop gross motor skills.

*Note: MPSC offers rental skates starting at size child size 8.

Snowplow Sam 1 - 4: The Snowplow Sam levels are designed to help the pre-school aged skater (ages 3-5) develop preliminary coordination and strength and maneuver on the ice.

- **Snowplow Sam 1:** Introductory level for ages 3-5, no pre-requisites are required. It teaches skaters to balance on the ice, move forward, how to fall properly and safely, and to get back up.
- **Snowplow Sam 2:** Skater must pass Snowplow Sam 1 in order to be eligible for this class. Teaches skaters skills such as preliminary backward skating movements; gliding forward; dips and swizzles.

Basic Skills 1 – 6: The Basic Skills levels are the beginner levels for ages 6 to 12, and teach the fundamentals of the sport of figure skating. These levels introduce forward and backward skating, stops, edges, crossovers and turns.

- **Basic 1:** Introductory level, no pre-requisites are required. Teaches skaters skills such as how to balance on the ice; moving and gliding forward; forward Swizzles; backward wiggles and how to Snowplow Stop.
- **Basic 2:** Skater must pass Basic 1 in order to be eligible for this class. Teaches skaters skills such as 1-foot glides; backward 2-foot glides; backward Swizzles; 2-foot turns from forward to backward.

Teen & Adult Basic Skills 1 - 6: Teen & Adult curriculum is designed for beginner teen and up skaters (ages 13 and up). It will promote physical fitness and improve balance and coordination.

- **Teen & Adult 1:** Introductory level, no pre-requisites are required. Teaches skaters skills such as how to balance on ice; moving and gliding forward; Snowplow stops with speed; dips; 2-foot turns in place.
- **Teen & Adult 2:** Skater must pass Teen & Adult 1 in order to be eligible for this class. Teaches skaters forward stroking; pumps on a circle; 1-foot glides; chasses; backward glides; backward wiggles and backward Swizzles.

Pre-Free Skate and Free Skate Levels 1 – 6: This curriculum is for **advanced** skaters only, who have already passed Basic 1 - 6 or equivalent.

Specialty Classes: For further information about our Specialty Classes, check the MPSC website, or ask the Front Desk.

- “Ice Dance” is an on-ice class for teens and adults, looking to improve their edge quality and control on the ice. It will focus on basic skating skills, and work on ice dances timed to music.
- “Off-Ice Jump” and “Advanced Stretching” classes are for **advanced** figure skaters only, who are in Basic 5 +

*If there are questions about a skater’s proper level, please contact Skating Coordinator to set up an evaluation time on the ice.

For more information on level requirements or other info about learning to skate, please visit LearntoSkateUSA.com!

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