



ICE SKATING LESSONS
January-March 2020
(see reverse side for class schedule)
Brief Class Descriptions



Pre-K 1: Sit and stand up with skates, march in place, skate with no assistance across rink, dip.

Pre-K 2: Skate width of rink 30-45 sec, swizzle action, backward wiggles, 2-foot hop, stop.

Pre-K 3: Forward 2 ft. glide, moving swizzles, backward skating, back stop, T -push, 2 ft turn.

Pre-K Hockey: (Prerequisite Pre-K 1&2) Especially for the younger hockey player. Age (4-6)

Beginner 1: Proper falling and standing, identify edges, skate width of rink any method, swizzles, snowplow stop.

Beginner 2: Forward 2 ft glide, moving swizzles, backward skating, back stop, T -push, 2 ft. turn.

Beginner 3: Forward stroking, 1 ft. swizzles, intro to T-stop, 1 ft. glide, turn from front to back, beginning 2 ft spin, beginning spiral, backward 2 ft. glide.

Beginner 4: Forward crossovers, back 1 ft. swizzle, 2 ft. spin (4-5 rev), beginning 3- turns, backward stroke to glide, bunny hop.

Beginner 5: Backward crossovers, moving outside 3 turns, 1-foot spin (2-3 rev), forward and , hockey stop, side toe hop.

Beginner 6: Inside 3 turns, t-stop, shoot the duck, 1 ft spin, pivots, spiral (hip height) ,lunge.

Spins and Turns (Beginner 7) This class focuses on the spins, spinning positions and turns for freestyle/ moves.

Freestyle 1-3:(Prerequisite– Basic 1-7) Scratch spin, back scratch spin, sit spin, camel spin, waltz jump, salchow, toe loop, loop jump, half flip, flip, half lutz, spirals, jump combination, moves in the field and footwork.

Power Hockey 1: (Prerequisite Beginner 1 and 2) Backward stance, full stride forward skating, 1-foot glides, backward hustle, back swizzles, glide turns, beginning hockey stop, drills.

Power Hockey 2: (Prerequisite Hockey 1) Forward and backward C-cuts and crossovers, hockey turns, slalom, forward stop and starts, back V-stop, mohawks, hockey stops, back 1-foot glide, drills.

Adult Beginner/Intermediate: Skating basics, forward / backward skating, stopping, crossovers, two and one foot turns.

Adult Ice Dancing: Private lessons available. (Call Susie 984-5950)

INCLUSIVE RECREATION SERVICES - AMERICAN WITH DISABILITIES ACT (ADA) - The Kirkwood Parks and Recreation Department invites people with and without disabilities to participate in our programs and events. Please let us know when you register if modifications due to a disability are needed to enable your participation, or to let us know if there are medications or allergies of which we should be aware. For assistance in arranging modifications for your participation, or to notify us of medical concerns, please contact Terri Johnson, CTRS/CPRP, Executive Director of Municipal Partners for Inclusive Recreation at 314-835-6157 or use Relay Missouri 1-800-735-6157 to discuss your participation.

REFUNDS: All participants canceling from a program voluntarily will be assessed a minimum \$5 program charge. Participants that cancel voluntarily less than one week prior to the start of the program may only receive a partial or prorated refund based on type of program and time of cancellation. Skating is not a try-it sport and no refunds are given once classes begin.

The Skate School is directed by USFSA Gold Medalist, Susie Smith. Contact the skate school office at 984-5950.

PRE SCHOOL CLASS (age 3-6)

MONDAY

Pre-K 1	6:30pm
Pre-K 2	5:15pm, 6:00pm
Pre-K 3	6:30pm
Pre-K Hockey	6:00pm

TUESDAY

Pre-K 1 (3 yr old)	12:00pm
Pre-K 1	12:30pm
Pre-K 2 (3 yr old)	11:00am
Pre-K 2	11:30am

WEDNESDAY

Pre-K 1 (3 yr old)	10:00am
Pre-K 2 (3 yr old)	10:30am

THURSDAY

Pre-K 1	11:30 am
Pre-K 2 (3 yr old)	12:00pm
Pre-K 2	12:30pm

FRIDAY

Pre-K 1	10:30am, 1:00pm
Pre-K 2	10:00am, 12:30pm

SATURDAY

Pre-K 1	10:30am, 11:00am, 11:30am
Pre-K 2	10:30am, 11:00am
Pre K 3	11:30am

ADULT CLASSES (16 & up)

MONDAY

Beginner/Intermediate	8:00pm
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SATURDAY

Beginner	11:30am
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POWER HOCKEY

MONDAY

Hockey 1 (Standbrook)	6:00pm
Hockey 2 (Standbrook)	6:30pm
Hockey 1-2	8:00pm

SATURDAY

Hockey 1	12:15pm
Hockey 2	12:45pm

DATES FOR THIS SESSION

M: Jan 6,13,20,27, Feb 3,10,17,24, Mar 2,9

T: Jan 7,14,21,28 Feb 4,11,18,25 Mar 3,10

W: Jan 8,15,22,29 Feb 5,12,19,26 Mar 4,11

Th: Jan 9,16,23,30, Feb 6,13,20,27 Mar 5,12

F: Jan 10,17,24,31 Feb 7,14,21,28, Mar 6,13

S: Jan 11,18,25 Feb 1,8,15,22,29 Mar 7,14

BEGINNER 1-7 (K and up)

MONDAY

Beginner 1	4:15pm, 6:00pm
Beginner 2	4:45pm, 6:00pm
Beginner 3	6:00pm
Beginner 4	6:30pm
Beginner 5	6:30pm
Beginner 6-7	6:30pm

WEDNESDAY

Beginner 1	4:15pm
Beginner 2-3	4:45pm
Beginner 1	5:15pm

FRIDAY

Beginner 1	4:45pm
Beginner 2	4:15pm
Beginner 3	3:45pm

SATURDAY

Beginner 1	12:15pm, 12:45pm
Beginner 2	12:15pm, 12:45pm
Beginner 3	12:15pm
Beginner 4	12:15pm
Beginner 5	12:45pm
Beginner 6-7	12:45pm
Intro to Figure Skating	12:45pm

FIGURE SKATING OR ICE DANCE

MONDAY

Figure Skating 1-3	7:00 -7:45pm
Res. \$135 Non-Res. \$150	
Includes Moves in the field	

FIG SKATING/PRACTICE

MONDAY

Freestyle/Ice Dance Practice	7:00 -7:45pm
Walk On Only. \$6.00 per week payable to cashier on entry (Limited availability)	

*Special Note for Custom Group Classes or Private Lessons.

Form your small group with 4 or more skaters. Call Susie at 984-5950 to set up your class.

FEES

Monday-Saturday (10 weeks)
Kirkwood Resident, \$90.00
Non Resident, \$100.00

- **Classes are 25 minutes, unless otherwise noted.**

SKATING TIPS

- Please arrive early for your lesson and give the skater's name to the cashier. Receipt for skate rental will be given if needed.
- First time skaters should be prepared to try on several pairs of skates to ensure proper fit.
- Wear one pair of dry socks.
- Skates should fit like nice fitting shoes. Please have skates tied snugly, however the skater should be able to bend their knees. **DO NOT** wrap laces around ankles.
- Helmets are highly recommended for all beginners and young skaters under 13 years.
- Gloves are mandatory.

LESSON POLICIES

- **Make up policy**— Make up lessons will be considered for illnesses and emergencies **ONLY**. Make ups must be made during same session. Please call Susie Smith for make up lessons— 314-984-5950.
- **Refund policy:** See reverse side.
- Classes that do not meet enrollment requirement may be cancelled
- All fees must be paid in full. Classes will not be prorated. No refunds.

111 South Geyer Road
Kirkwood, MO 63122
Phone: 314-822-5855
Fax: 314-984-5931
www.kirkwoodmo.org

GENERAL SKATING LESSON INFORMATION

- 25 minute lessons each week.
- Skate rental for class participants on class day.
- Pre-K 1 and Beginner 1 classes will meet teacher by the entrance to the rink (double doors) on first day of class.
- Register online at www.kirkwoodparksandrec.org or call the community center office at 314-822-5855 or 314-984-5950.
- The rink offers five sessions throughout the year: September-October, November-December, January-February, March-May, and June-August.
- Registration begins at least three weeks prior to the start of each session and will remain open for two weeks from start date.
- Specific registration dates and start dates can be found at www.kirkwoodparksandrec.org
- Many of our lessons take place during public skating. Family members are welcome to skate during this time but regular admission and skate rental fees apply.

The skate School is directed by USFS Gold Medalist Susie Smith. For more information of the lesson program, contact the Skate School office at 314-984-5950 or the Kirkwood Community Center at 314-822-5855.