



**ICE SKATING LESSONS**  
**March-May 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 4-6)

### MONDAY

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

### TUESDAY

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

### WEDNESDAY

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

### THURSDAY

Pre-K 1-2	12:00pm
Pre-K 3	12:30pm

### FRIDAY

Pre-K 1	1:00pm
Pre-K 2	10:00am, 12:30pm
Pre-K 3	10:30am

### SATURDAY

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

## ADULT CLASSES (16 & up)

### MONDAY

Beginner/Intermediate	8:00pm
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### SATURDAY

Beginner/Intermediate	11:30am
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## POWER HOCKEY (6 & up)

### MONDAY

Hockey 1	6:00pm
Hockey 2	6:30pm
Hockey 1-2	8:00pm

### SATURDAY

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

### DATES FOR THIS SESSION:

M: March 23, 30 April 6, 13, 20, 27 May 4

T: March 24, 31, April 7, 14, 21, 28 May 5

W: March 25 April 1, 8, 15, 22, 29 May 6

TH: March 26 April 2, 9, 16, 23, 30 May 7

F: March 27 April 3, 10, 17, 24 May 1, 8

S: March 28 April 4, 11, 18, 25 May 2

## 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 3	4:45pm
Beginner 2	5:15pm

### FRIDAY

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

### SATURDAY

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

## FIGURE SKATING OR ICE DANCE

### MONDAY

Figure Skating 1-3	7:00 - 7:45pm
Res. \$95 Non-Res. \$105	
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)

### Spring Recital

**Saturday April 25th**

**3:45-5:00pm**

**Don't forget to check out our  
figure skating summer camp.**

**Camp begins June 8th.**

<https://www.kirkwoodparksandrec.org>

## FEES

**Monday-Friday 7wks  
Res-\$63 Non -Res\$70**

**Saturday 6wks  
Res- \$54 Non Res \$60**

**Classes are 25 minutes  
unless otherwise noted**

### SKATING TIPS

- Please arrive early for your lesson and give the skater's name to the cashier. Skate rental voucher is given at the time.
- 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 skaters.
- Gloves are mandatory.

### LESSON POLICIES

- Skaters not registered in the appropriate class may be moved.
- 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 at 314-984-5950.
- **Refund policy: See reverse side.**
- Classes that do not meet enrollment requirement may be condensed or cancelled.
- All fees must be paid in full. Classes will not be prorated.

111 South Geyer Road  
Kirkwood, MO 63122  
Phone: 314-822-5855  
Fax: 314-984-5931  
[www.kirkwoodmo.org](http://www.kirkwoodmo.org)

### LESSONS INCLUDE:

- 25 minute lessons each week.
- Skate rental for class participants on class day.

**Note to Parents!** Please be prepared to meet the teacher by the entrance to the ice rink surface (double doors) on the first day for Pre-K 1 and Beginner 1. Please memorize the class title!

### Registration Information:

All first time enrollees must sign waiver or have waiver on file. Participants may register in person, on line, or by calling 314-822-5855. Form may also be downloaded and mailed or faxed. Visit <https://www.kirkwoodparksandrec.org>

The Skate School is directed by USFSA Gold Medalist Susie Smith. For more information on the lesson program and to register, contact the Skate School office at 314-984-5950 or the Kirkwood Community Center at 314-822-5855.