



**ICE SKATING LESSONS**  
**Summer 2020**  
(see reverse side for class schedule)



**Brief Class Descriptions**

**Please note: Teacher assignment varies and never guaranteed.**

**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 , swizzles, snowplow .

**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:** Back crossovers, outside 3 turns, 1-foot spin (2-3 rev), forward pivot , t-stop, side toe hop.

**Beginner 6:** Inside 3 turns, hockey stop, 1 ft spin, pivots, spiral (hip height) , lunge.

**Beginner 7:** Forward crossovers to back crossovers using 3 turns and Mohawks, beginning waltz jump, 1 ft spin (4-5 revolutions), Mazurka, back pivots, Ballet Jump

**Crossovers:** Especially for those who want to learn or improve crossing your legs for circles and corners.

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

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

**Power Hockey 2:** 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.

**Ice Dancing:** Offered during summer figure skating camp.

**Adult Beginner:** Skating basics, forward / backward skating, two foot glide, snow plow stop.

**Intermediate Adult:** T-and Hockey Stops, crossovers, two and one foot turns, spin and beginning jumps.

**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.

## PRE KINDERGARTEN (age 4-6)

### MONDAY

June 22, 29, July 6, 13, 20, 27  
Aug 3, 10, 17

Pre-K 2 5:00 pm

### MONDAY

June 22, 29, July 6, 13, 20, 27  
Aug 3

Pre-K 1 6:15 pm  
Pre-K 2 5:45pm  
Pre-K 3 6:15 pm  
Pre-K Hockey 5:45 pm

### WEDNESDAY

June 24 July 1, 8, 15, 22, 29  
Aug 5, 12, 19

Pre-K 1 5:00 pm

### FRIDAY

June 26, July 3, 10, 17, 24, 31  
August 7, 14, 21

Pre-K 2 3:15 pm  
Pre-K 3/Hockey 3:45 pm

## POWER HOCKEY (6 and up)

### MONDAY

June 22, 29, July 6, 13, 20, 27  
Aug 3

Hockey 1 5:45 pm  
Hockey 1 7:00 pm  
Hockey 2 6:15 pm  
Hockey 2 7:30 pm

## ADULT CLASSES (16 and up)

### MONDAY

June 22, 29, July 6, 13, 20, 27  
Aug 3

Beginner 7:00 pm  
Intermediate 7:30 pm

## BEGINNER 1-7 & Free skate (K and Up)

### MONDAY

June 22, 29, July 6, 13, 20, 27  
Aug 3, 10, 17

Beginner 1 4:00 pm  
Beginner 2 4:30 pm

### MONDAY

June 22, 29, July 6, 13, 20, 27  
Aug 3

Beginner 1 5:45 pm  
Beginner 2 5:45 pm  
Beginner 3 5:45 pm  
Beginner 4 6:15 pm  
Beginner 5-6 6:15 pm  
Beginner 7-Freeskate 1 6:15 pm

### WEDNESDAY

June 24 July 1, 8, 15, 22, 29  
Aug 5, 12, 19

Beginner 2 4:30 pm  
Beginner 3-4 4:00 pm

### FRIDAY

June 26, July 3, 10, 17, 24, 31  
August 7, 14, 21

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

## Saturday Classes Resume Nov.7th

### Custom Classes

Form your own group for  
lessons. Minimum 4  
participants  
Available M-W-F  
Call Susie at 984-5950 for  
more information

## FEES

Monday / Wednesday / Friday  
(9 weeks)  
Kirkwood Resident, \$81.00  
Non Resident, \$90.00

Monday / Wednesday / Friday  
(7 weeks)  
Kirkwood Resident, \$63.00  
Non Resident, \$70.00

## SKATING TIPS

- Please arrive early for your lesson and give the skater's name to the cashier.
- First time skaters should be prepared to try on several pairs of skates to ensure proper fit.
- Wear one pair of dry socks above ankle.
- Skates should fit like dress 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 beginning skaters.
- 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 at 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.

111 South Geyer Road  
Kirkwood, MO 63122  
Phone: 314-822-5855  
Fax: 314-984-5931  
<https://www.kirkwoodparksandrec.org>

## LESSONS INCLUDE:

- 25 minute lessons each week.
- Skate rental included –(as supplies last)

*ISI Membership \$15.00 ISI Gold Testing available. LTS USA Basic Skills Membership is \$15.00. See Skate school director to join or test.*

## Registration Information:

All first time enrollees must fill out completed registration form or register online. Participants may register in person, or by calling 314-822-5855. Form may be downloaded and mailed or faxed (see address and numbers above). Register On Line at <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.