

**RINK SIDE LEARN TO SKATE / LEARN TO PLAY HOCKEY PROGRAM**  
*Our Fall/Winter Public Session Times Begin August 25*

**Upcoming Classes**

**Term II (Winter) 2008**

**Oct. 20<sup>th</sup> – Dec 20<sup>th</sup>**

**11/1 Hockey Tournament, No Class**  
**11/27 Thanksgiving Day Off**  
**12/21 – 1/4 Winter Break**  
**Watch for special schedules and fun**  
**Winter Break activities.**

**Things to Know:**

- All skaters are allowed to make up one missed class per session!
- There will be no refunds on any class!
- Gloves or mittens are a must!!!
- Absolutely no double blades allowed!
- Vinyl skates are discouraged!
- Loose fitting clothing such as warm-up suits, sweat clothing, lightweight jackets and skating dresses are appropriate.
- Denim jeans are discouraged.
- Skates fit best when worn with one pair of thin socks or nylons.
- A knit hat or bicycle helmet may be worn for safety.
- The gate entrance to the mall opens at 11:00 am M-F, and 10:00 am on Sat. Please use parking lot entrance H to enter the Mall. Use our own private entrance to enter the Ice arena.

**Standards & Evaluations**

Our goal is to teach the basic skills of figure skating and hockey in accordance with the standards of the Ice Skating Institute (ISI). We will create a learning environment that motivates skaters to learn in a semi-aggressive class setting that promotes proper skating techniques. ISI has established a system that we will use to evaluate the skaters. Our main goal is for every skater to correctly learn each skill introduced in their level before they move on to the next. We will encourage skaters to move through the program at a rate that allows them to truly master each skill. Skaters will need to practice outside of their lesson at least once a week. Good class attendance and practice habits will help skaters as they attempt to pass their evaluation at the end of the term.

**“Practice Makes Perfect”**

**Fall/Winter Public Skating Schedule**

**Monday-Friday Mid-days:**

11:00 am – 2:00pm

**Monday, Wednesday and Friday Mornings**

9:30 am – 10:50 am *Gurnee Residents Pay only \$1.00*

**Friday Evenings:**

7:15 pm – 9:30 pm

**Saturday Afternoons and Evenings:**

12:45 pm – 3:00 pm

7:45 pm – 9:30 pm (Cosmic Skate)

**Sunday Afternoons:**

12:45 pm – 3:00pm

**Children (under 12)** \$4.00 (club member) \$5.00 (non –club member)  
**Adults** \$5.00 (club member) \$6.00 (non –club member)  
**Skate Rental** \$4.00 (club member) \$4.00 (non –club member)

**Freestyle (FS) Sessions**

FS practice sessions are offered at various times throughout the week. FS schedules are available in the building and on our website at [www.rink-side.com](http://www.rink-side.com). Freestyle practice sessions are sold in specific 30 min, 45 min, 50 min and 60 min blocks. Become a **Gold Member Card** holder and get discounts on FS sessions.

For details on buying a FS session please stop in the *Guest Services Office* or see a staff professional.

**Private Lessons**

Private lessons are recommended for any **figure skater** or **hockey player** who wishes to complement their group lesson. A private lesson may be beneficial to a skater who is having a difficult time with a particular skill.

Private lessons can also help with the overall progress of a skater.

**Private lesson request forms are located**  
**In the Guest Services Office.**

**Stick Time (all ages) &**  
**Pick-Up Hockey (18 & over)**

Check [www.rink-side.com](http://www.rink-side.com) The schedules are updated regularly.

Full protective gear is required!

## LEARN TO PLAY HOCKEY

Now only \$2.00 to rent skates for your class!

### Instructional Hockey Levels

#### Tot Hockey Classes Age 2-7

**Parent & Tot Age 2 – 5.** Basic hockey

**Hockey:** skating skills will be taught along with a skating parent.

No equipment is required.

**Dyna Mites:** Age 3 – 7. Beginning hockey skills will be taught. Needs a helmet with facemask, hockey gloves and a stick will be used.

Prerequisite – Adv. Tot or Pre Alpha

**Mini Mites:** Age 3 – 7. Skating and hockey skills will be taught. Needs a helmet with facemask, hockey gloves and a stick.

Prerequisite – Dyna Mites

**Mighty Mites:** Age 3 – 7. Advanced skating and hockey skills will be taught. Needs a helmet with facemask, hockey gloves, a stick, elbow pads and shin guards. Prerequisite – Mini Mites

#### Youth Hockey Classes Age 8-12

**Hockey 1:** Age 8 – 12. This class is an introduction to hockey. The focus is on hockey skating skills.

A stick is required

Prerequisite - Pre Alpha

**Hockey 2:** Age 8 – 12. More hockey skating skills will be introduced. Needs a helmet with facemask, hockey gloves and a stick.

Prerequisite – Hockey 1

**Hockey 3:** Age 8 – 12. Advanced hockey skating skills will be introduced. Needs a helmet with facemask, hockey gloves, a stick, elbow pads and shin guards. Prerequisite – Hockey 2

#### Development Skills Clinic

Fri. 5:10 – 5:50 pm 8 weeks \$ 120

For new and semi-experienced skaters who have played little or no organized ice hockey and have completed some of our *Learn To Skate/Learn to Play Hockey* classes. This class will prepare skaters for the Rink Side Youth Hockey League.

#### Hockey Power Stroking Class

Sat. 11:05 – 11:45 am 8 weeks \$ 120

Don't miss this class! Awesome skating skills and conditioning class. It's the best class around!

#### Skating Skills (ABGD) for Hockey Players

Mon. evenings 5:30 – 6:10 pm 8 weeks \$92.00

**TAKE \$30 OFF IF YOU REGISTER FOR ANY TWO!**

## LEARN TO SKATE

Now only \$2.00 to rent skates for your class!

### Instructional Skating Levels

#### Tot Skating Classes Age 2-5

**Parent & Tot Age 2 – 5.** Basic skating skills

**Skating:** will be taught along with a skating parent. No Prerequisite.

**Beginner Tot:** Age 3 – 5 who has never had any skating lessons. No Prerequisite.

**Advanced Tot:** Age 3 – 5 who has successfully completed Beginner Tot.

#### Beginner Classes

**Special Skater:** All ages welcome. This class is designed to assist kids (with special needs) who would like to learn how to skate. No Prerequisite.

**Pre – Alpha:** Age 6 – 12 who has never had any skating lessons or a 3-5 year old who has already passed Adv. Tot.

**Alpha:** Any age who has successfully completed Advanced Tot or Pre – Alpha.

**Beta:** Any age who has successfully completed Alpha.

**Teen/Adult:** For all skaters age 13 - adult.

#### Pre Freestyle Classes

**Gamma:** Any age who has successfully completed Beta.

**Delta:** Any age who has successfully completed Gamma.

#### Freestyle Classes

**Freestyle 1-10:** Any age for advanced/competitive figure skaters who have passed Delta.

**Please Visit Our, Private, Off-Ice Studio with Special Dance Flooring!!!**

**Pre/Fantasy-Ballet Classes**

**Jazz Class**

**Ballet Classes**

**Pilates Classes**

**Adult & Parent Pilates too!**

All off-ice classes are open to the public. They are open to skaters and non-skaters males and females. There are classes for all levels & ages.