

**Skating Schedule for Spring 2015
(April 13 - May 21, 2015)**

My Little Buddy (Parent & Tot)
Tuesday 5:45 - 6:30 PM
Thursday 12:00 - 12:45 PM

Snowplow Sam 1
Tuesday 5:45 - 6:30 PM
Thursday 12:00 - 12:45 PM

Snowplow Sam 2
Tuesday 6:30 - 7:15 PM
Thursday 12:45 - 1:30 PM

Snowplow Sam 3
Tuesday 6:30 - 7:15 PM
Thursday 1:30 - 2:15 PM

Basic 1
Tuesday 6:30 - 7:15 PM
Wednesday 6:15 - 7:00 PM

Basic 2 Tot
Tuesday 6:30 - 7:15 PM

Basic 2
Tuesday 6:30 - 7:15 PM
Wednesday 7:00 - 7:45 PM
Thursday 5:15 - 6:00 PM

Basic 3
Tuesday 6:30 - 7:15 PM
Thursday 6:45 - 7:30 PM

Basic 4
Tuesday 6:30 - 7:15 PM
Thursday 6:00 - 6:45 PM

Basic 5
Monday 4:45 - 5:30 PM

Basic 6
Monday 5:30 - 6:15 PM

Basic 7
Monday 6:15 - 7:00 PM

Basic 8
Monday 7:00 - 7:45 PM

Jr. Club (Freestyle)
Tuesday 5:45 - 6:30 PM

Adult Beginner
Tuesday 7:30 - 8:15 PM

Adult Advanced
Tuesday 8:15 - 9:00 PM

Learn-to-Play Hockey
Wednesday 5:30 - 6:15 PM

Registration Information

Residents: Now Open
Snow Plow Sam, Basic 1 - 8 \$55.00*
Jr. Club \$65.00*

All Others: Now Open
Snow Plow Sam, Basic 1 - 8 \$65.00*
Jr. Club \$75.00*

* All first time skaters for the season must pay a US Figure Skating fee

US FIGURE SKATING FEE

The US Figure Skating requires that each Learn to Skate student pay an annual membership fee of \$12.00. This covers Basic Skills materials, badges, books and insurance. This fee is effective from July 1, 2014 - June 30, 2015. For more information on this fee, please see the Rink Supervisor or the Learn to Skate Director.

North Olmsted Skating Academy's

Learn to Skate



Spring 2015

April 13 - May 21, 2015

**The Official
Basic Skills Program for
US Figure Skating And
USA Hockey**

North Olmsted Skating Academy

The City of North Olmsted has teamed up with the U S Figure Skating and created a new and improved Learn to Skate program. This national program is the best beginning ice skating program, which is fun, challenging and rewarding. This program serves the needs of both the recreational and the competitive skater, and is also the official Learn to Skate program of USA Hockey.

This is the only Learn to Skate program of its kind in the Greater Cleveland Area. We not only offer innovative instruction that is both informative and motivational. We also include many extras, such as practice passes to 6 free public skates, extended lesson time, achievement patches to mark a student's progress, an end of session party where skaters will be presented with their achievement patches, and a Basic Skills record book for students to use to monitor their individual progress.

Fast Track Skating Program

As a special offer to help with the learning process, we are offering the “**Fast Track Skating Program**”. This program is designed to offer more instruction to each skater at a reduced cost, thus helping the skater advance at a faster rate. When you sign-up for a skating class, you can purchase a second weekly class for half price.

Free Rental Skates

Skates are the most important piece of equipment for skating. Poor quality skates will make it difficult for a student to be able to skate. Skaters usually progress very quickly with top quality skates. The North Olmsted Recreation Complex is proud to have the highest quality rental skates in the Cleveland area and offer these skates to our students free for every class.

Class Descriptions

My Little Buddy (Parent & Tot)

Ages 2 1/2 to 4. This is a great family program where skaters and parents learn together the basics of skating. Skaters advance from Parent & Tot to the Snowplow Sam.

Snowplow Sam

Ages 3 to 6. This tot beginner program is designed to make the skaters more comfortable and in control when they are on the ice. The Snowplow program is built on 3 levels. Snowplow Sam 1 introduces skills such as: marching across the ice (both forward and backward), gliding, and the proper falling and standing techniques. Snowplow Sam 2 introduces skills such as: swizzles, slaloms in and out of obstacles, and stronger forward and backward skating. Snowplow Sam 3 introduces skills such as: backward swizzles, forward-to-back turns, snowplow stops, one-foot gliding, along with other intermediate skating skills.

Basic 1

This class has been designed for the beginner skater **ages 6 and over**. Students learn proper falling and standing skills, forward and backward skating, two-foot glides, hopping, and beginning stops. Children learn to be comfortable on skates and really enjoy the ice. Recommended for figure skating and hockey.

Basic 2-5

Recommended for both hockey and figure skaters, these classes teach the fundamentals of all skating. A few of the many elements taught include forward & backward skating, stops, cross-overs, turns, balance and edges.

Basic 6 – Freestyle

For those interested in figure skating. Learn advanced skating skills, including basic jumps and spins.

Adult

Designed for the beginning adult who has never skated, or has yet to achieve a smooth stroke and gliding motion. Skills to be introduced are falling and recovery, forward strides and glides, backward skating, two-foot glides, and forward chasses. Skaters then progress to Adult levels 2 – 4.

Learn To Play Hockey

What Do I Need For Class?

All skaters should have proper skates, helmet with face mask, shin guards, elbow pads, hockey gloves and a hockey stick.

Class Description

This is a beginning program that will cover the fundamentals of hockey. The class is divided into 2 parts. The first part is hockey skating skills. This includes how to gain speed on the ice, starts, stops and hockey turns, along with other important skating skills. The second part is the stick skills. Proper stickhandling, passing and shooting skills will be covered. This is a great program for the new hockey player and the Mighty-mite player. Skaters should have completed Snowplow Sam III or basic one and have good forward and backwards skills.

**Additional information available at:
www.getontheice.com**

**North Olmsted Recreation Complex
26000 Lorain Rd.
North Olmsted, Ohio 44070
(440) 734-8200**