

# Private Skating Lesson Request Form

Now that you have decided to take private lessons. Please complete this form & turn it in to the a skating director aforbes@niles-parks.org. You will be contacted in a prompt manner.

Remember: Private lessons are a great way to learn quickly while having fun, but they also require commitment from the student, coach and parent. Once you have your lesson day & time, please make sure to exchange telephone numbers & e-mail addresses with your instructor & communicate possible delays or cancellation with them directly. All instructors have their own policy's regarding late arrival & missed lessons, so you will want to check with your specific instructor. Most will charge you for no-show lessons, full fee's for lessons even when late, & consultation time. Our instructors are all on tight schedules & no one wants to waste time or money. Please remember your instructor is an independent contractor while teaching a private lesson. They must hold liability insurance as such naming Niles IceLand as additionally insured. All of our instructors have been back ground check not only by our park district but also by our professional organizations for the safety of our customers.

Keep in mind that you can discontinue your lessons or make a change in instructors at any time. It is very important, though, to make your intentions known before missing a lesson and/or before switching or adding a new instructor. Not only is this a courtesy, but it is also helps to lessen any misunderstanding between staff and customers. Our staff will not take on a student until the balance with the previous coach has been paid. Thank you for your cooperation.

Date: \_\_\_\_\_ Best way to contact you? \_\_\_\_\_  
Skater's Name: \_\_\_\_\_ Age: \_\_\_\_\_ Skating Level: \_\_\_\_\_  
Parent's Names: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Street Address: \_\_\_\_\_  
Home Phone Number: \_\_\_\_\_ Cell Number: \_\_\_\_\_  
Skaters level: \_\_\_\_\_  
Is your skater presently enrolled in learn to skate classes?  
Yes \_\_\_\_\_ No \_\_\_\_\_  
Name of class: \_\_\_\_\_ Day/Time: \_\_\_\_\_  
I am interested in...  
\_\_\_\_\_ Short-term for improving skills required for class  
\_\_\_\_\_ Regular/Weekly arrangement  
\_\_\_\_\_ Long-term/ possibly for testing and competition  
Please take a look at our freestyle schedule and public skate schedule  
(if you are Tot-Alpha Levels) and give us several options of what  
day time may work for you to come for a private lesson.  
Instructor preferences: if any: \_\_\_\_\_  
If you do not have preference a qualified instructor will be given your contact information  
by the skate school director and then the instructor will contact you directly.  
Questions/Comments: \_\_\_\_\_

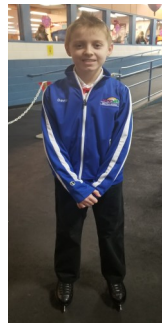


## Private Ice Skating Lessons



\* Niles IceLand \* 8435 W. Ballard Rd. \*  
\* Niles, IL. 60714 \* Phone: 847-297-8010 \*  
aforbes@niles-parks.org

## **Private Lesson Instructors**



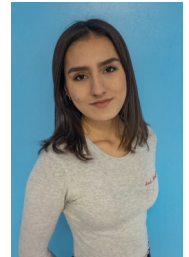
- To work on the more difficult skills within a class level or improve hockey skating skills
- To progress more rapidly through personalized training and individualized attention
- To prepare for group lesson testing
- To prepare for testing and earn a recognition patch with in the Ice Sports Industries (ISI) or Learn to Skate USA programs.
- To prepare for and to have a coach assisting you at local and/or national, ISI or LTS USA recreational competitions.
- To test and compete with in the United States Figure Skating (USFS) organization
- To help prepare you to skate with one of our teams
- To earn or prepare for an ice show or holiday show solo/duet/trio.
- To help you reach your skating potential
- IceLand has a highly qualified, certified, and experienced coaching staff.
- All staff members are background check by the park district and our professional organizations.
- **Because it is FUN!**

## **Private Lesson Instructors**



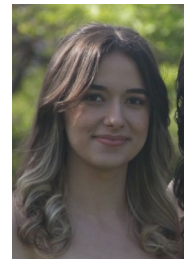
### **Nadia Castillo, Instructor**

Coaching: 2 years  
ISI Professional Member  
Safe Sport Compliant  
CPR and First Aid Certified  
USFS Gold Medalist Moves In the Field  
Pre Gold Ice Dance  
USFS Novice Freeskate  
ISI Freestyle 8  
USFS International Synchronized Skating Competitor  
Solo Performer in 2021 Ice Semble' Chicago Annual Show  
Professional Ice Show Performer, Global Ice Productions



### **Jelena Stankovic, Instructor**

Coaching: New to Coaching Private Lessons  
Instruction for learn to skate skaters looking to improve class skills.  
BS Health Science, DePaul University, Chicago, IL.  
Current Doctoral Student of physical therapy—  
Rosalind Franklin Medical School  
ISI Professional Member  
CPR and First Aid Certified  
Safe Sport Compliant  
Personal Skating Accomplishments:  
USFS Gold Medalist—Skating Skills  
USFS Bronze Singles  
ISI Freestyle 6



## Private Lesson Instructors



### Martha Torres, Instructor

Coaching: 18 Years  
Instruction in Learn to skate skills and Recreational Skating  
ISI Professional Member  
ISI Bronze Judges Certification  
BA Elementary Education– Judson University, Elgin, IL.  
MA—Curriculum and Instructions– Concordia University, River Forest, IL.  
Bilingual Certification—St. Francis University  
Special Education Certification—University of Phoenix  
Safe Sport Compliant



### Kathy Sliwinski, Instructor

Coaching: 10 years  
Instruction in Freestyle, Recreational, and Off-Ice Conditioning  
PhD—Nursing—university of Pennsylvania, PA.  
MS—Bioethics—University of Pennsylvania, PA.  
BS—Nursing (BSN) – University of Michigan, Ann Arbor, MI  
ISI Professional Member  
USFS CER and Safe Sport Compliant  
Passed ISI Freestyle 8  
CPR and First Aid Certified



### Caroline Flynn, Instructor

Coaching: New to Coaching Private Lessons  
Instruction for learn to skate skaters looking to improve class skills & recreation.  
ISI Professional Member  
Safe Sport Compliant  
Completed ISI Instructor Training: Core & Intermediate Levels  
CPR & first Aid Certified



## How Do Private Lessons Work?



Private lessons are a great way to learn quickly while having fun. As with any learning situation, a student may progress more rapidly because of the one-on-one focused attention.

Each instructor acts as an independent contractor and sets his/her own rate. Instructor fees are dependent on the experience, teaching credentials and professional accreditations. Generally, the range is \$25-\$40 per half hour. Lessons may be 15, 20, 30 or 60 minutes in length depending on scheduling and age/attention span of the skater. Typically they are 30 minutes. Students pay the coach directly for the lesson and pay the ice arena for the use of the ice.

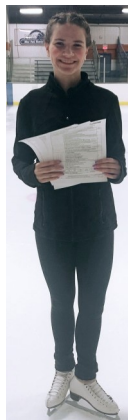
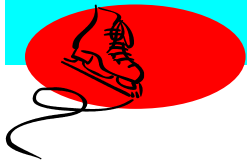
You will want to arrange your lesson for a convenient time. Lessons may be scheduled on the many freestyle sessions the ice arena offers. Only those skaters in the Tot through Alpha level may schedule a lesson on a public skate time. If, at anytime, it seems unsafe for a lesson to be given at a public skate time said lesson may need to be stopped. Special arrangements may be made with the skating school director to have a lesson on a non-prime public skate time. Only Niles IceLand staff are welcome to teach a private lesson on any public skate time. Guest coaches must be see the skating director, complete paperwork, and be approved before using freestyle sessions at IceLand.

There are special rules for a skater taking lessons on a scheduled freestyle session. If the skater is in the Beta level or below he/she must be accompanied by a coach on a freestyle and must exit the ice following his/her lesson. Skaters in Gamma or above may remain on a freestyle without a coach as long as they understand the rules of the freestyle sessions. Exceptions will be made for Niles IceLand programs such as summer camp.

*\*Please see the FREESTYLE INFORMATION form.\**



## Private Lesson Instructors



Now that you have read over the material and have decided that you would like to begin private lessons, what's next?

Please see the following suggestions:

### 1. Determine your skating goals.

Do you want just a few lessons so that you can pass your learn to skate class or do you want weekly lessons?

Are you wanting to test and/or compete within the Ice Sports Industries (ISI) structure?

Do you want a solo in the holiday recital or spring ice show?

Are you looking to become more competitive and test and compete within the United States Figure Skating structure?

Do you want to improve your skating skill to be on a hockey team?

### 2. Inquire about our instructors experience, accreditations, and teaching specialties.

When possible observe them teaching in class and private lesson situations. Many times parents ask for their skaters group class instructor because he or she is familiar with their skater. Sometimes that person is a great fit but before making that request we still recommend checking out all of our highly qualified instructors. When in doubt the skating director can help lead you down the best path.

## Private Lesson Instructors



### Julia Sudie, Instructor

Coaching: 9 Years  
Instruction in Freestyle, Choreography, Competitive, Recreational, and Skating Skills  
BA in Photography from Columbia College Chicago  
PSA CER Certified  
USFS CER and Safe Sport Compliant  
ISI Gold Judge Certification  
USFS Gold Medalist in Moves in the Field  
CPR and First Aid Certified  
ISI District 8 Series Assistant Coordinator



### Chelsea Ridley, Instructor

Coaching: 16 years  
Instruction in Choreography, Uncaptured Maneuvers, Dance (Hip hop, Modern, Jazz, Caribbean), LTS, Competitive, Freestyle, Spins, LTS Hockey  
ISI Professional Member  
Safe Sport compliant  
ISI Gold level Judge  
PSA CER Certified  
Personal achievements:  
Passed USFSA Senior MIF & Freeskate  
Passed ISI Freestyle 8  
Senior Level Competitor  
Youngest Cast Member of the professional show Ebony On Ice  
Featured and skated on the TV Echappees Belles aired in France  
Guest Skater in several ice arena shows.  
Principal performer Universoul Circus  
Star of the future award winner Sun Valley Open 2016  
Ladies Line Captain Disney on Ice World's Of Enchantment  
Principal Performer Disney on Ice Dream Big  
Previously AIT Chicago member Line Captain and Movement artist for Brownbody  
Social media influencer (Hiphopicequeen) Brand Ambassador for Aurora Tights and Ridelle  
CPR and First Aid Certified



## Private Lesson Instructors



### Angela Como, Instructor

Coaching: 13 Years  
Instruction in Freestyle, Choreography, Competitive, Recreational, Skating Skills, and Hockey  
BS in History Education and Dance Performance from Illinois State University  
Endorsements in PE Education and Health Education from Northeastern Illinois University  
PSA CER Certified  
PSA Ratings in: Moves in the Field (Registered) and Group Instruction (Certified)  
Safe Sport Compliant  
ISI Gold and Team Judge Certification  
USFS Gold Medalist in Moves in the Field and Freestyle  
Regional and Collegiate National Competitor  
Professional Show Skater with Holiday on Ice  
Previously American Ice Theatre Company Member, Assistant Director, and Instructor  
Ballet for Figure Skaters Certified Instructor  
CPR and First Aid Certified



### Sara Darbyshire, Instructor

Coaching: 19 Years  
Instruction in Freestyle, Skating Skills, competitive & recreational figure skating.  
Masters of Arts in Teaching - High school and middle school math and science  
BS in Biological science from Northern Illinois University in Dekalb, Il.  
USFS CER and Safe Sport Compliant  
ISI Gold and Team Judges Certification  
CPR and First Aid Certified



## Getting Started & Selecting a Coach



**3. Now you are ready to complete the PRIVATE LESSON REQUEST FORM on the last page of this document. Turn it in at the front counter and the skating director will pass it on to one of our qualified staff.**

**4. Get ready to have fun and progress in the sport of skating. Whether your goal is learning how to stop, becoming a figure skater or hockey player, or just getting some exercise. The IceLand Skate School Staff will help make it happen!**



## Private Lesson Instructors



### Amy Forbes, Skating Director

Coaching: 30 years  
Instruction in Singles (Freestyle),  
Skating Skills (Moves In the Field)  
Choreography, Competitive, Recreational,  
Team Skaters, & Hockey Skating Skills  
MA—Sports Leadership-Concordia University,  
River Forest, IL  
BA—Dance Technique Applications—Northeastern Illinois  
University, Chicago, IL.  
USFS Core Certified Coach  
USFS—Formally PSA Master Rated Skating Director, Group, and  
Skating Skills (Formerly Moves in the Field)  
USFS—Formerly PSA Senior Rated Singles (Formerly Freeskate)  
USFS—Formerly PSA Certified Rated Choreography  
Safe Sport Compliant  
ISI University Certification of Arena Programming and Skating  
Director  
ISI Instructor Training Core, Intermediate, and High Certifications  
ISI Gold, Team, and Referee Judges Certification  
USA Hockey Level 4 Certified  
10 Years Professional Ice Show Performer and Choreographer  
Coached skaters through USFS Gold Freestyle, Gold Moves in the  
Field, Gold Freedance, and ISI Freestyle 9  
CPR and First Aid Certified  
Current ISI District 8/9 Director

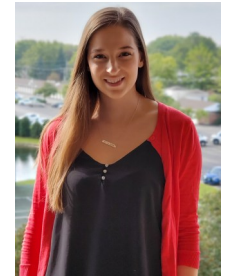


## Private Lesson Instructors



### Gina Cline-Mosson, Assistant to the Skating

Coaching: 17 years  
Instruction in Freestyle, Skating Skills,  
Competitive, Recreational, & Team Skaters  
MA - Coaching Sport Performance, Western  
Michigan University  
BA – American Studies, Dominican University  
PSA Certified Ratings – Group Instructor  
USFS CER and Safe Sport Compliant  
USFS—Formerly PSA Registered Rating— Skating Skills (Formerly  
Moves in the Field)  
ISI University Certification - Skating Director  
ISI Gold and Team Judges Certification and District 8 Referee  
ISI Instructor Training Core, Intermediate, and High Certifications  
ISI District 8 Championships Director  
ISI District 8/9 Social Media Director  
CPR and First Aid Certified



### Denise Dublinski, Instructor

Coaching: Over 20 years  
Instruction in Freestyle, Skating Skills,  
Choreography, Competitive, Recreational, & Team  
Skaters  
MA Educational Technology - Concordia University,  
River Forest, IL  
MA Educational Leadership - Concordia University,  
River Forest, IL  
BA—Special Education—Illinois State University, Normal, IL  
Nationally Board Certified Teacher  
USFS—Formerly PSA Registered Group Instructor  
USFS CER and Safe Sport Compliant  
ISI District 8/9 Referee  
ISI Gold and Team Judges Certification  
ISI Instructor Training Core, Intermediate, and High Certifications  
CPR and First Aid Certified

