



Niles Park District 847-297-8010

# IceLand's Skate School Update 13th Edition



## Dates & Discounts to Remember...

- *Fall 9 week testing begins week of 11-5-12.*
- *Winter 9 week registration begins 11-6-12.* Timely registration allows us to schedule enough instructors for classes. Sorry! \$5.00 late fee after 11-24-12.
- *There will be no classes 11-19-12 through 11-25-12. Happy Thanksgiving!*
- *Here's your chance to shine! Register for your solo in the Holiday Recital by 12-1-12. \$25 includes party, public skate, on ice warm up time, and your solo time! Have you never done a solo before? Ask your favorite coach or the Director for help. You will incur private lesson and ice fee costs.*
- *It'll be here before you know it! Register for Spring Ice Show; Fantastic Creatures, Critters, & Fairies; by 12-1-12.*
- *Holiday Recital and Santa Skate Sunday, 12-16-12. Santa Skate 2:30 - 4:00pm. \$5 public ice fee, \$3 skate rental fee. Recital 4:20 - 6:20pm FREE FOR SPECTATORS so bring your whole family!*
- *We are participating in the Toys For Tots Drive this holiday season. If you would like to brighten the season for a needy child, please bring a new unwrapped toy to the Santa Skate/Holiday Recital on 12-16-12.*



**IT'S TIME TO REGISTER  
FOR THE 2013  
SPRING ICE SHOW!**

**Fantastic Creatures,  
Critters, & Fairies!**

**May 3, 4, & 5, 2013**

Skate School skaters must register for the 9 week winter and 10 week spring sessions to participate in the show.

Soloists must meet all of the requirements on the Soloists' Checklist - 2013.

Register through 12-1-12.

Rehearsals begin in March.

**DON'T MISS THE  
BIGGEST SKATE  
SCHOOL EVENT OF  
THE YEAR!**

## Love to Skate? Try Our Specialty classes! There's something for everyone!

**Parent/Tot:** Children ages 3-5 and a parent learn the basics of skating through games, songs, and having fun.

**Teen/Adult:** Skating fundamentals are presented sequentially at each skater's pace for a fun filled on ice experience!

**Skate Into Synchro:** PA2 - FS1 skaters learn to skate as a team. Lines, circles, blocks, pass throughs and more!

**Alpha—Delta Power:** PreAlpha 2 - Delta. Begin the development of strength, stamina, and edge quality.

**Delta - FS3 Power:** Delta - FS3. Improve edge quality and power while developing artistry and presentation.

**Power & Style:** FS4 and up. Further advance edge quality, power, artistry, and presentation.

**Bag O' Tricks:** FS1 & up. Learn fun interesting maneuvers, great for shows that aren't in Learn-to-Skate levels.

**Axel Workshop:** FS3 & up without an axel. 1/2 hour on ice and 1/2 hour off ice to land and perfect that Axel!

**High Jump Class:** For those who have a consistent Axel. 1/2 hour on ice and 1/2 hour off ice to land and perfect those doubles!

**Dance/Ballet & Jazz ages 6—10 -OR- Dance 2 Ballet & Jazz ages 11 and up or instructor approval:** Learn balance, technique, & artistry of dance for polished on ice performances.

**Floor Barre:** Improve strength and flexibility with an emphasis on skeletal and muscular alignment to help improve those beautiful spins, spirals, and more.

**Off Ice Conditioning Beginner ages 8 and up or instructor approval or Intermediate with instructor approval:** Develop core strength and stability, balance, explosive power, and flexibility for powerful performances on ice.

For up-to-date info on Learn-to-Skate classes, specialty classes, private lessons, freestyle, ice show, camps, or synchro team, please check the bulletin boards located next to the Skate School Office.

## Four Simple Steps to Choose a Private Coach!

Whether to master class skills, perform in recitals & shows, or participate in competitions, private lessons benefit everyone!

1. *Ask your child which class instructors they learn from the best.*
2. *Observe our instructors giving private lessons.*
3. *Read the instructor biographies posted in the lobby across from the office.*
4. *Complete a Private Lesson Request Form. You may request a particular instructor on the form, or the Skating Director will help you choose someone!*