



**LEARN TO**

# **SKATE**

**USA**



**COLORADO  
SPRINGS**

OLYMPIC CITY **USA**

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**SERTICH ICE CENTER**  
1705 East Pikes Peak Avenue  
Colorado Springs, CO 80909  
(719) 385-5983  
[coloradosprings.gov/Sertich](http://coloradosprings.gov/Sertich)

FOLLOW US ON 

# For Ages 3 to 6

## MY TOT & ME

Cost: \$94.50/parent & child

**Description:** This class gives mom or dad and their little one the opportunity to enjoy a fun, recreational activity. Students learn how to sit and stand up on the ice, march in place and two-foot glide with mom or dad for a little extra support. Mom or dad should have basic skating skills. This activity is designed for one child and one parent. When registering, please enroll your tot.

**Saturdays; September 24 - November 19**

**Time: 10:45 - 11:15 AM**

Activity # 8082

## SNOWPLOW SAM LEVELS 1-4

Ages: 3 to 6

Cost: \$94.50/person + \$13 Learn to Skate USA membership fee

(Summer 2016 LTSkate students are exempt)

### Discover, Learn and Play

The Snowplow Sam levels are introductory classes divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basics of skating. These levels are designed to help children six and younger develop the ABCs of movement on ice - Agility, Balance, Coordination and Speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

### Snowplow Sam 1

**A.** Sit and stand up with skates (*on and off-ice*); **B.** Sit and stand up (*on-ice*); **C.** March in place; **D.** March forward (*8-10 steps*); **E.** March, then glide on two feet; **F.** Dip in place

### Snowplow Sam 2

**A.** March followed by a long glide; **B.** Dip while moving; **C.** Backward walking, toes turned inward, shifting weight (*4-6 steps*); **D.** Backward wiggles (*6 in a row*); **E.** Forward swizzles (*2-3 in a row*); **F.** Beginning snowplow stop motion (*in place or holding onto barrier*); **G.** Two-foot hop, in place (*optional*)

### Snowplow Sam 3

**A.** Forward skating (*8-10 strides*); **B.** Forward one-foot glide, two times skater's height (*R and L*); **C.** Forward swizzles (*4-6 in a row*); **D.** Backward swizzles (*2-3 in a row*); **E.** Moving forward snowplow stop (*two foot*); **F.** Curves

### Snowplow Sam 4

**A.** Forward skating; **B.** Backward two-foot glide (*length of skater's height*); **C.** Backward swizzles (*4-6 in a row*); **D.** Rocking horse (*one forward, one backward swizzle, repeat twice*); **E.** Two-foot turns from forward to backward (*in place, both directions*); **F.** Two-foot hop (*in place*)

**Thursdays; September 22 - November 17**

**Time: 6:05 - 6:35 PM**

Snowplow Sam 1	Activity # 8122
Snowplow Sam 2	Activity # 8123
Snowplow Sam 3	Activity # 8124
Snowplow Sam 4	Activity # 8125

**Saturdays; September 24 - November 19**

**Time: 9:30 - 10:00 AM**

Snowplow Sam 1	Activity # 8086
Snowplow Sam 2	Activity # 8088
Snowplow Sam 3	Activity # 8090
Snowplow Sam 4	Activity # 8092

**Time: 10:45 - 11:15 AM**

Snowplow Sam 1	Activity # 8085
Snowplow Sam 2	Activity # 8087
Snowplow Sam 3	Activity # 8089
Snowplow Sam 4	Activity # 8091

# Family Lessons

Ages: 3 and up  
Cost: \$94.50/person

Learn to Skate for everyone in your family! Moms, dads, siblings and anyone else you consider family can come learn basic skating skills. This activity is designed for anyone age 3 and up and focuses on allowing each student to learn at their own pace while sharing some family time together.

**Saturdays**  
**September 24 - November 19**  
**Time: 10:45 - 11:15 AM**  
**Activity # 8069**

# 3-MONTH UNLIMITED

**PUBLIC SKATE MEMBERSHIPS**  
Unlimited skating on all Public Skate sessions for three months from the date of purchase

**INDIVIDUAL**  
**Public Skate Membership**  
**\$75**  
(Includes skate rental)

**FAMILY OF FOUR**  
**Public Skate Membership**  
**\$200**  
(Includes skate rental)

# For Ages 7 to 16

## YOUTH BASIC LEVELS 1-6

Ages 7 to 16

Cost: \$94.50/person + \$13 Learn to Skate USA membership fee (Summer 2016 LTSkate students are exempt)

### FUNDamentals

Basic Skills teaches the FUNdamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

**Discover Learn and Play (Basic 1-2):** These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

**FUNDamentals (Basic 3-6):** These levels develop all of the fundamental skating skills on the ice. Focus is on learning the ABC's of basic athleticism: agility, balance, coordination and speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

### Basic 1

**A.** Sit on ice and stand up; **B.** March forward across the ice; **C.** Forward two-foot glide; **D.** Dip; **E.** Forward swizzles (*6-8 in a row*); **F.** Backward wiggles (*6-8 in a row*); **G.** Beginning snowplow stop on two feet or one foot

### Basic 2

**A.** Scooter pushes (*R and L*); **B.** Forward one-foot glide (*R and L*); **C.** Backward two-foot glide (*glide the length of skater's height*); **D.** Rocking Horse (*1 forward swizzle, 1 backward swizzle, repeat twice*); **E.** Backward swizzles (*6-8 in a row*); **F.** Two-foot turns from forward to backward (*in place, clockwise and counterclockwise*); **G.** Moving snowplow stop

### Basic 3

**A.** Beginning forward stroking showing correct use of blade; **B.** Forward half swizzle pumps on a circle (*6-8 consecutive clockwise and counterclockwise*); **C.** Moving forward to backward two-foot turns on a circle (*clockwise and counterclockwise*); **D.** Beginning backward one-foot glides (*focus on balance*); **E.** Backward snowplow stop (*R and L*); **F.** Forward slalom

### Basic 4

**A.** Forward outside edge on a circle (*R and L*); **B.** Forward inside edge on a circle (*R and L*); **C.** Forward crossovers (*clockwise and counterclockwise*); **D.** Backward half swizzle pumps on a circle (*clockwise and counterclockwise*); **E.** Backward one-foot glides (*R and L*); **F.** Beginning two-foot spin (*up to 2 revolutions*)

### Basic 5

**A.** Backward outside edge on a circle (*R and L*); **B.** Backward inside edge on a circle (*R and L*); **C.** Backward crossovers (*clockwise and counterclockwise*); **D.** Forward outside three-turn (*R and L*); **E.** Advanced two-foot spin (*4-6 revolutions*); **F.** Hockey stop (*both directions*)

### Basic 6

**A.** Forward inside three-turn (*R and L*); **B.** Moving backward to forward two-foot turn on a circle (*clockwise and counterclockwise*); **C.** Backward stroking; **D.** Beginning one-foot spin (*2-4 revolutions*) optional free leg position and entry; **E.** T-stops (*R and L*); **F.** Bunny hop; **G.** Forward spiral on a straight line (*R and L*)

**Thursdays; September 22 - November 17**

**Time: 6:05 - 6:35 PM**

Basic 1	Activity # 8107
Basic 2	Activity # 8108
Basic 3	Activity # 8109
Basic 4	Activity # 8110
Basic 5	Activity # 8111
Basic 6	Activity # 8112

**Saturdays; September 24 - November 19**

**Time: 9:30 - 10:00 AM**

Basic 1	Activity # 8059
Basic 2	Activity # 8061
Basic 3	Activity # 8063
Basic 4	Activity # 8065

**Time: 10:45 - 11:15 AM**

Basic 1	Activity # 8058
Basic 2	Activity # 8060
Basic 3	Activity # 8062
Basic 4	Activity # 8064
Basic 5	Activity # 8066
Basic 6	Activity # 8067



# DROP-IN LESSONS

We are offering drop-in lessons to students currently enrolled in the Learn to Skate program. Here's an example of how it works... Register for a Basic 4 activity on Saturday at 9:30 AM and receive the option of dropping-in to a Basic 4 lesson at 10:45 AM. Drop-ins are available weeks two through six for just \$8 per lesson.

- 1 Only two caveats... the level you are registered for must be running at another time and
- 2 the level must fall under the required student/instructor ratio.

It also works like this! Not sure if you want to sign up for an entire session of Power, Spins or Intro to Artistry? As long as you are enrolled in our current Learn to Skate session and meet the prerequisites, you are welcome to drop-in for \$8 per lesson.

The drop-in program offers a great opportunity to get additional group instruction at a reasonable price and skate rental is included in the price.

Drop-in lessons can be paid for in advance or on the day you want to drop-in by scheduling with Pam at (719) 385-6009; pingrassia@springsgov.com; or by stopping by her office.

Have some additional questions or still not sure how this new drop-in program works? Please don't hesitate to contact Pam!

# Hockey for Ages 7 to 16

## HOCKEY LEVELS 1-4

Ages: 7 to 16

Cost: \$94.50/person + \$13 Learn to Skate USA membership fee

(Summer 2016 LTSkate students are exempt)

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices and game situations.

### Hockey 1

**A.** Falling and recovery to a balanced, standing position; **B.** Proper basic hockey stance (*forward and backward*); **C.** March Forward across the ice (*8-10 steps*); **D.** Two-foot glides and dips from forward marching across the ice; **E.** Forward swizzles/double c-cuts (*4-6 in a row*); **F.** T-Push to a two-foot glide (*hold 2-4 seconds*) on a straight line, alternating feet; **G.** Snowplow Stop (*stationary*)

### Hockey 2

**A.** Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive; **B.** Forward one-foot push and glide (*R and L*); **C.** Forward C-Cuts: single leg (*R and L*) and alternating feet (*R and L*) in a straight line; **D.** Backward hustle or march, then glide on two feet; **E.** Backward swizzles/double C-cuts (*4-6 in a row*); **F.** Backward C-Cuts, single leg (*R and L*) and alternating feet (*R and L*) in a straight line; **G.** Two-foot moving Snowplow stop

### Hockey 3

**A.** Lateral crossover march (both directions); **B.** Forward C-Cuts (*1/2 swizzle pumps*) on a circle (*both directions*); **C.** Forward outside edges on half circles (*large C's*), alternating feet on the short or long axis of the rink; **D.** Forward inside edges on half circles (*large C's*), alternating feet on the short or long axis of the rink; **E.** Backward C-Cuts (*1/2 swizzle pumps*) on a circle (*both directions*); **F.** Backward snowplow stops: One foot and two feet V-stop; **G.** One-foot moving snowplow stop (*R and L*) introduce 1/4 turn with hips to hockey stop

### Hockey 4

**A.** Quick starts using forward V-Start; **B.** Backward one-foot glide (*R and L*); **C.** Forward Crossover glides (*clockwise and counterclockwise*). Hold feet in crossed position for 2 counts; **D.** Backward Crossover glides (*clockwise and counterclockwise*). Hold feet in crossed position for 2 counts; **E.** Forward Crossovers on circle (*clockwise and counterclockwise, 4-6 each*); **F.** Backward crossovers on circle (*clockwise and counterclockwise 4-6 each*); **G.** Hockey Stops (*stopping to the left and to the right, with speed*)

#### Thursdays; September 22 – November 17

Time: 6:05 - 6:35 PM

Hockey 1 Activity # 8113  
Hockey 2 Activity # 8114  
Hockey 3 Activity # 8115  
Hockey 4 Activity # 8116

#### Saturdays; September 24 – November 19

Time: 9:30 - 10:00 AM

Hockey 1 Activity # 8077  
Hockey 2 Activity # 8078

Time: 10:45 - 11:15 AM

Hockey 3 Activity # 8079  
Hockey 4 Activity # 8080

# For Adults

## ADULT BEGINNER TO ADVANCED 1-6

Ages 17 and up

Cost: \$108/person + \$13 Learn to Skate USA membership fee

(Summer 2016 LTSkate students are exempt)

The Adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participation in the program will help promote physical fitness and improve balance and coordination while teaching proper skating techniques. This is an exciting program for people who look to skating as an enjoyable part of a fit and healthy lifestyle. Divided into six levels from basic skating to more advanced skills, adult skaters will progress at an individual rate while being challenged and motivated. Based on prior skating experience, adults may choose to begin at the level that best matches their skill base.

### Adult 1

**A.** Falling and recovery (*on ice*); **B.** Forward marching; **C.** Forward two-foot glide; **D.** Forward swizzles (*4-6 in a row*); **E.** One forward swizzle/one backward swizzle (*rocking horse*); **F.** Dip; **G.** Forward snowplow stop (*two feet or one foot*)

### Adult 2

**A.** Forward skating across the width of the ice; **B.** Forward one-foot glides (*R and L*); **C.** Forward slalom; **D.** Backward skating; **E.** Backward swizzles (*4-6 in a row*); **F.** Two-foot turns in place

### Adult 3

**A.** Forward stroking using the blade properly (*begin with repetitive one-foot pushes*); **B.** Forward half-swizzle pumps on the circle (*6-8 in a row, clockwise and counterclockwise*); **C.** Moving forward to backward and backward to forward two-foot turn on a circle (*clockwise and counterclockwise*); **D.** Backward skating into a long two-foot glide; **E.** Forward chasses on a circle (*clockwise and counterclockwise*); **F.** Backward snowplow stop (*R and L*)

### Adult 4

**A.** Forward outside edge on a circle (*R and L*); **B.** Forward inside edge on a circle (*R and L*); **C.** Forward crossovers (*clockwise and counterclockwise*); **D.** Backward one-foot glides (*R and L*); **E.** Backward half-swizzle pumps on a circle (*clockwise and counterclockwise*); **F.** Hockey stop (both directions)

### Adult 5

**A.** Backward outside edge on circle (*R and L*); **B.** Backward inside edge on a circle (*R and L*); **C.** Backward crossovers (*clockwise and counterclockwise*); **D.** Forward outside three-turn (*R and L*); **E.** Forward swing rolls to a count of six; **F.** Beginning two-foot spin

### Adult 6

**A.** Forward stroking with crossover end patterns; **B.** Backward stroking with crossover end patterns; **C.** Forward inside three-turn (*R and L*); **D.** Forward outside to inside change of edge on a line (*R and L*); **E.** T-stop (*R or L*); **F.** Lunge; **G.** Two-foot spin into one-foot spin

#### Thursdays; September 22 – November 17

Time: 6:05 - 6:35 PM

Adult 1 Activity # 8101  
Adult 2 Activity # 8102  
Adult 3 Activity # 8103  
Adult 4 Activity # 8104  
Adult 5 Activity # 8105  
Adult 6 Activity # 8106

#### Saturdays; September 24 – November 19

Time: 9:30 - 10:00 AM

Adult 1 Activity # 8050  
Adult 2 Activity # 8051  
Adult 3 Activity # 8052  
Adult 4 Activity # 8053  
Adult 5 Activity # 8054  
Adult 6 Activity # 8055



# Specialty Lessons

## PRE-FREE SKATE (Combination of Basic 7 & 8)

Prerequisite: Basic 6

Cost: \$108/person + \$13 Learn to Skate USA membership fee

(Summer 2016 LTSkate students are exempt)

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps - all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as a bridge program, circuit classes or as an introductory training program.

**Skating Skills:** **A.** Forward inside open Mohawk from a standstill position (*R to L and L to R*); **B.** Backward crossovers to a backward outside edge glides- landing position (*clockwise and counterclockwise*); **C.** Backward outside edge to a forward outside edge transition (*clockwise and counterclockwise*); **D.** Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge (*clockwise and counterclockwise*)

**Spins:** **E.** One-foot upright spin, optional entry and free-foot position (*minimum 3 revolutions*)

**Jumps:** **F.** Mazurka (*R and L*); **G.** Waltz jump

**Saturdays; September 24 – November 19**

**Time: 8:30 - 9:15 AM**

Activity # 8084

## FREE SKATE 1 - 6

Prerequisite: Pre-Free Skate

Cost: \$108/person + \$13 Learn to Skate USA membership fee

(Summer 2016 LTSkate students are exempt)

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps - all of which build on the previous skill, providing skaters a strong foundation of all elements. These levels will be taught in a positive and interactive group format such as a bridge program, circuit classes or as an introductory training program.

### Free Skate 1

**Skating Skills:** **A.** Forward power stroking (*clockwise and counterclockwise*); **B.** Basic forward outside and forward inside consecutive edges (*4-6 consecutive edges*); **C.** Backward outside three-turns (*R and L*)

**Spin:** **D.** Upright spin, entry from back crossovers (*minimum 4-6 revolutions*)

**Jumps:** **E.** Half flip; **F.** Toe loop

### Free Skate 2

**Skating Skills:** **A.** Alternating forward outside and inside spirals on a continuous axis (*2 sets*); **B.** Basic backward outside and backward inside consecutive edges (*4-6 consecutive edges*); **C.** Backward inside three-turns (*R and L*)

**Spin:** **D.** Beginning back spin (*up to 2 revolutions*)

**Jumps:** **E.** Half Lutz; **F.** Salchow

### Free Skate 3

**Skating Skills:** **A.** Alternating backward crossovers to back outside edges (*4 sets*); **B.** Alternating Mohawk/crossover sequence (*R to L and L to R*);

**D.** Waltz three-turns/forward outside three turn, backward outside edge glide (*clockwise and counterclockwise*)

**Spin:** **D.** Advanced back spin with free foot in crossed leg position (*minimum 3 revolutions*)

**Jumps:** **E.** Loop jump; **F.** Waltz jump-toe loop or Salchow-toe loop combination

### Free Skate 4

**Skating Skills:** **A.** Forward power three-turns (*R and L, 3 sets each*); **B.** Waltz eight (*clockwise and counterclockwise*)

**Spins:** **C.** Forward upright spin to backward upright spin (*3 revolutions, each foot*); **D.** Sit spin (*minimum 3 revolutions*)

**Jumps:** **E.** Half loop; **F.** Flip

### Free Skate 5

**Skating Skills:** **A.** Backward outside three-turn, Mohawk (*backward power three-turns, clockwise and counterclockwise*); **B.** Five-step Mohawk sequence (*clockwise and counterclockwise*)

**Spins:** **C.** Camel spin (*minimum 3 revolutions*)

**Jumps:** **D.** Waltz jump-loop jump combination; **E.** Lutz jump

### Free Skate 6

**Skating Skills:** **A.** Forward power pulls (*R and L*); **B.** Creative step sequence, skater's choice, using a variety of three-turns, Mohawks and toe steps

**Spins:** **C.** Camel-sit spin combination (*minimum 2 revolutions each position*); **D.** Layback or attitude spin or cross-foot spin (*3 revolutions*)

**Jumps:** **E.** Waltz jump-half loop-Salchow jump sequence; **F.** Axel

**Saturdays; September 24 – November 19**

**Time: 8:30 - 9:15 AM**

Free Skate 1 Activity # 8070

Free Skate 2 Activity # 8071

Free Skate 3 Activity # 8072

Free Skate 4 Activity # 8073

Free Skate 5 Activity # 8074

Free Skate 6 Activity # 8075

# Specialty Lessons

## PATCH (Classic Figures)

Prerequisite: Free Skate 1

Cost: \$108/person (\$13 drop-in/class)

**Description:** Patch or figures refers to circular patterns which skaters trace on the ice to demonstrate skill in placing clean turns evenly on round circles. These circles are skated using one foot at a time, as a skater masters balance, control, flow and edge to achieve clean and accurate tracings.

**Wednesdays**

**September 21 – November 16**

**Time: 9:45 - 10:15 AM**

Activity # 8098

## DANCE

Prerequisite: Basic 4 or Adult 4

Cost: \$108/person (\$13 drop-in/class)

**Description:** This activity is great for all skaters looking to expand their skating skills. The focus will be on basic dance step technique, edges, and turns. Patterned dances such as the Dutch Waltz, Canasta Tango and Rhythm Blues will be taught. This low-impact activity will help improve knee bend, leg extension, posture, and basic rhythm while learning to skate to music.

**Wednesdays**

**September 21 – November 16**

**Time: 10:15 - 10:45 AM**

Activity # 8093

## AXEL, PRE-DOUBLES FOUNDATIONS

Prerequisite: Free Skate 6

Cost: \$108/person

**Description:** If you've passed Free Skate 6 and you're ready to work on your Axel, this activity is for you! Axel and pre-double techniques will be covered.

**Saturdays**

**September 24 – November 19**

**Time: 8:30 - 9:15 AM**

Activity # 8057

## FREE SKATE ELITE

Prerequisite: Axel

Cost: \$108/person

**Description:** This activity is for skaters who have achieved an Axel and want to continue with group lessons. Free Skate Elite covers Axels through double jumps, and combinations and flying spins.

**Saturdays**

**September 24 – November 19**

**Time: 8:30 - 9:15 AM**

Activity # 8076

## HIGH-LEVEL POWER

Prerequisite: Free Skate 3

Cost: \$94.50/person

**Description:** Increase skating power with this 30-minute constant movement conditioning activity. Students will improve their strength, endurance, agility and speed.

**Saturdays**

**September 24 – November 19**

**Time: 7:20 - 7:50 AM**

Activity # 8121

## POWER STROKING

Prerequisite: Basic 4

Cost: \$94.50/person

**Description:** Increase skating power with this 30-minute constant movement conditioning activity. Students will work on basic stroking techniques.

**Saturdays**

**September 24 – November 19**

**Time: 7:55 - 8:25**

Activity # 8083

## BEGINNER SPINS

Prerequisite: Free Skate 1

Cost: \$94.50/person

**Description:** This activity will cover the fundamentals of spinning. Spin entrances and exits will be reinforced with an emphasis on scratch, back scratch, sit and camel spins.

**Saturdays**

**September 24 – November 19**

**Time: 9:30 - 10:00 AM**

Activity # 8068

## ADVANCED SPINS

Prerequisite: Pre-Preliminary

Cost: \$94.50/person

**Description:** This activity will focus on flying spins, spin combinations and variations. Entrance and exit techniques are also reviewed. Skaters must have mastered four rotations of scratch, back scratch, sit and camel spins.

**Saturdays**

**September 24 – November 19**

**Time: 9:30 - 10:00 AM**

Activity # 8056

## INTRODUCTION TO ARTISTRY

Prerequisite: Basic 5

Cost: \$94.50/person

**Description:** This activity is designed to provide skaters with an introduction to the foundations and principles of artistry. Emphasis will be placed on body alignment and posture, movement and line, eye focus and facial expression, head movement and port de bras (arm movement) as well as body awareness and body levels.

**Saturdays**

**September 24 – November 19**

**Time: 10:10 - 10:40 AM**

Activity # 8081



Mark your calendar...  
Tell your friends...  
Bring the family!

# SKATE

in the park

• ACACIA PARK •

Opens November  
2017



## Specialty Lessons

### INTRO TO SKATING (4-week Discounted Lessons)

Ages: 3 and up

Cost: \$25/person

**Description:** Intro to Skating is a four week program that allows students who may not be sure if they're interested in a full nine week session to learn a few of the basics. Elements taught in beginner skating are covered. A great way for anyone to try it and it's a lower cost and time commitment for first timers. Students receive two free public skate admissions. Introductory lessons are not eligible for the Early Bird discount.

**Thursdays; September 22 - October 13**

**Time: 6:40 - 7:10 PM**

Ages 3 - 6                      Activity # 8097  
Ages 7 and up                Activity # 8095

**Saturdays; September 24 - October 15**

**Time: 10:45 - 11:15 AM**

Ages 3 - 6                      Activity # 8096  
Ages 7 and up                Activity # 8094

**Thursdays; October 20 - November 10**

**Time: 6:40 - 7:10 PM**

Ages 3 - 6                      Activity # 8120  
Ages 7 and up                Activity # 8118

**Saturdays; October 22 - November 12**

**Time: 10:45 - 11:15 AM**

Ages 3 - 6                      Activity # 8119  
Ages 7 and up                Activity # 8117

## Brand New ICEKATEERS DAY CARE LESSONS

Ages: 2½ to 6

**Cost: \$40/child** (three or less children in day care group)

**\$30/child** (four or more children in day care group)

Icekateers is a brand new four-week introduction to skating program designed specifically for Day Care groups.

This play-filled program introduces children to the ice in a safe and creative environment. Professional instructors help the youngest skaters develop coordination and the strength necessary to maneuver on the ice with confidence. Each lesson ends with stickers. Lessons are 30 minutes and Icekateers can stay for scheduled matinee skate sessions following lessons to practice what they've learned.

Day care providers may be asked to assist instructors during lessons and are asked to supervise their group if skating during matinee skate sessions. Skate rental is included in the registration fee and day care providers skate for free. Please contact Pam @ (719) 385-6009 or pingrassia@springsgov.com to register.

**Registration for Icekateers is not available online.**

**Wednesdays; September 21 - October 12**

**Time: 10:45 - 11:15 AM**

Activity # 8099

**Wednesdays; October 19 - November 9**

**Time: 10:45 - 11:15 AM**

Activity # 8100

# POLAR PALS

For Ages 8 and under plus their grown-up

Kids have an opportunity to skate with the help of buckets and participate in lots of fun on-ice activities!

Skates are not required.

Afterwards, stay for story time with accompanying coloring page and treats.

### FRIDAYS

**On ice: 1:15-2:00 PM**

**Treats and Story time: 2:10-2:40 PM**

### COST

\$4 for first child and parent

\$3 for additional child(ren)

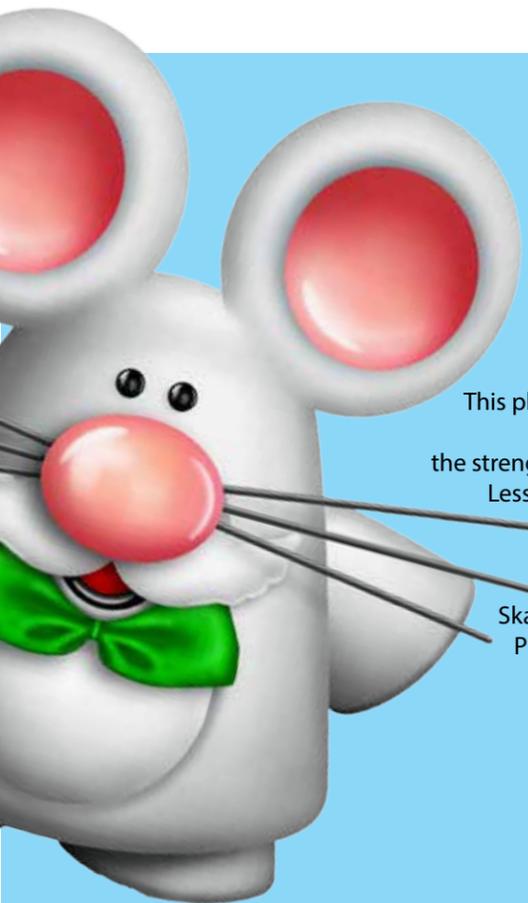
5 VISIT PUNCH PASS

\$20 (one child & one parent)

\$35 (two kids & one parent)

**No need to register - Just show up!**

*No private lessons during session*



## FREE Public Skating

Learn to Skate students receive (5) FREE passes to any of our public skating sessions. Just check in at the front desk before the session begins by giving your name to the cashier and we will deduct one pass from your automated account.  
**NOTE: Free passes must be used during designated Learn to Skate session.**

Students enrolled in Pre-Free Skate or above have the option of (5) FREE public skate passes or (3) FREE freestyle session passes.

## FREE Practice Ice

Sertich Ice Center offers practice time for Learn to Skate students. Practicing is for your benefit and it's FREE! Below is the practice ice schedule. Family and friends can skate with students for \$1 each (includes skate rental).

Wednesdays: 10:45 - 11:15 AM  
Thursdays: 6:40 - 7:10 PM  
Saturdays: 10:10 - 10:40 AM  
*(Schedule subject to change)*

## 9-week Fall Learn to Skate Lessons include

9/30-minute or 9/45-minute lessons

Free skate rental and complimentary practice ice

Low student/teacher ratios

5 FREE public skate visits

**\$10 OFF** a "brrr"thday party package

# About Learn to Skate USA

## Mission

To provide a fun and positive experience that will instill a lifelong love of skating.

## Objectives

- Teach children and adults the fundamentals of ice skating while
- building confidence and skills through each lesson.
- Provide a progressive curriculum that ensures success from the first steps on the ice to the mastery of advanced skills.
- Promote the health and fitness benefits of ice skating.
- Equip each participant with the foundation necessary to reach their goal, be it recreational or competitive in nature.



## Overview

As you begin your journey of learning to skate, you will quickly realize that you are learning so much more than how to skate. You will be infused with the joy of improving every time you try something new. Each time you fall, you will strengthen your confidence to get back up and try again. While learning the importance of balance, discipline and tenacity, you will be reassured that even the greatest challenges can be overcome. These are more than lessons in skating; they are essential lessons of life.

Learn to Skate USA makes these lessons easy and fun. Through our world-class curriculum and nationally certified instructors, you will be enthusiastic about learning to skate—from your first steps on the ice until the time you reach your goals. Whether you wish to enjoy the recreational benefits of skating or dream of Olympic fame, this is the place to start.

The only ice skating program endorsed by U.S. Figure Skating, USA Hockey, US Speedskating and the Special Olympics, Learn to Skate USA offers every participant a rewarding experience rooted in the lifelong benefits of ice skating.

Learn to Skate USA memberships are \$13/person annually  
Membership is required for all Snowplow Sam, Basic, Adult Beginner and Advanced, Hockey, Pre-Free Skate and Free Skate students.  
Membership is valid July 1, 2016 - June 30, 2017

## Our Skating School

Sertich Ice Center activities are designed to provide a positive learning experience, filled with lots of fun.

### Our objectives are to...

- Provide a safe and enjoyable skating experience,
- Teach the correct techniques for the basic elements,
- Promote health and fitness,
- Develop social relationships through group interaction,
- Teach life-long skills.

The curriculum will guide the skaters through the Learn to Skate USA test structure. However, we understand that each skater is unique and will learn at his/her own pace.

We want our skaters to be happy and appropriately challenged.

Skaters who are progressing quickly may not be required to complete the entire session, provided all elements are mastered.

*NOTE: Skaters often need the entire session to accomplish the challenges as the elements become more difficult.*

# Registration

## REGISTRATION DATES

**August 22 - Ongoing**

*Register Early - Activity Capacity is Limited!*

### EARLY BIRD DISCOUNT

**Register anytime between August 22-September 6 and deduct \$10 from each activity registration.**

For example:

A family with three children signing up for one activity would receive a \$30 discount.

An individual signing up for two different activities would receive a \$20 discount.

*NOTE: This discount is not available to those on the Adjusted Fee Program, Head Start, Intro to Skating or Icekateer students.*

## REGISTRATION OPTIONS

### Business Hours

**Monday-Friday; 9:00 a.m.-5:00 p.m.**

**Walk-in:** Sertich Ice Center (in Memorial Park)  
1705 East Pikes Peak Avenue

**Mail-in:** Send registration and form of payment to:  
Sertich Ice Center  
Attention: Learn-to-Skate  
1705 East Pikes Peak Avenue  
Colorado Springs, CO 80909

**Fax-in:** (719) 385-6063  
Send completed registration form including Visa, MC, Discover or AMEX card number, expiration date and CCV.  
*Faxes are processed during regular business hours.*

**Online:** [coloradosprings.gov/Sertich](http://coloradosprings.gov/Sertich)

1. Click the **REGISTER HERE** Button
2. Click MY ACCOUNT
3. Enter (LOGIN and PASSWORD)
4. Click REGISTER FOR ACTIVITIES
5. Use ACTIVITY NUMBER
6. Select the NAME OF ACTIVITY, click ADD TO MY CART
7. In the drop down box, select the participant who will be taking the class. When finished, click CONTINUE.
8. Follow the steps for payment. Visa, MC, Discover, or AMEX Accepted. Be sure to complete your order and click CONTINUE.
9. Print receipt or go green!

## REFUND POLICY

A full credit or refund will be issued to the customer if a program is canceled or at capacity. If the customer withdraws from the program prior to the program start date, the customer will receive a refund or credit upon submitting a written request. If a refund request is submitted after the program start date, Sertich staff will determine the amount of the refund or credit. Learn to Skate USA membership fee is non-refundable.

## ACTIVITY SIZE & ENROLLMENT

Sertich Ice Center's policy is to provide quality programming. A student/teacher ratio of 10:1 will be maintained in all Learn to Skate USA sanctioned activities. (Exception- Snowplow Sam 1 which has a 7:1 ratio.)

Activities with less than four skaters may be cancelled or combined with another level. Activity size is limited.

## AMERICANS WITH DISABILITIES (ADA)

The City of Colorado Springs complies with the ADA and will make reasonable accommodations to enable people with disabilities to participate in and enjoy recreation programs.

## MEMORIES THAT LAST

By registering yourself/your child in Recreation Services activities, you hereby consent to the photographing of yourself/your child by the City of Colorado Springs and/or their agents, and consent to the use of these photographs singularly or in conjunction with other photographs or video recordings for Parks, Recreation and Cultural Services marketing purposes without any compensation.

## MAKE-UP LESSONS

We strive to provide quality programming. In order to do this, we guarantee a student/instructor ratio of 10:1 (7:1 in Snowplow Sam 1) in all Learn to Skate USA sanctioned lessons. Make-up lessons can only be scheduled if the same activity is offered at another time and under the maximum student instructor ratio. Make-up lessons are offered weeks two through eight and must be pre-scheduled. Please contact Pam at (719) 385-6009 or [pingrassia@springsgov.com](mailto:pingrassia@springsgov.com) to schedule a make-up lesson. If lessons are cancelled due to inclement weather, they will be rescheduled. To check on inclement weather cancellations, visit [www.coloradosprings.gov](http://www.coloradosprings.gov).

## SKATES, SAFETY, & WHAT TO WEAR

Skate boots should provide a snug fit.

Your foot should not move around inside the boot. The closer the fit, the more control you will have.

Lace skates by crisscrossing the laces snugly around each hook.

To ensure proper support for the ankle, the tightest point of lacing should be at the instep.

Wear several layers of clothing to start, as you warm-up you can discard a layer or two.

Comfort and freedom of movement are important. Try not to wear clothing that might be restrictive.

Sweats or warm-ups are ideal.

Helmets are suggested for beginner skaters and are recommended for all activities.

Remember to bring gloves.

Parents and spectators are not allowed on the ice during activities.

# \$10 OFF

When you book your party at the  
**COOLEST** Place in Town!

We've eliminated the hassle and added the fun.

Party packages include admission for 5-15 to a 1½ hour public skate session, skate rental, personalized quarter-sheet cake, ice cream, drinks and an attendant to assist you.

Party reservations must be made at least one week in advance, and full payment is due at the time of booking.

*Coupon must be presented at time of booking to receive \$10 discount. Coupon may not be combined with other discounts nor is it redeemable for cash.*

# Registration Form

Parent/Guardian: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Secondary Phone: \_\_\_\_\_

Check Payment Method:  Cash  Check  Visa  Mastercard  Discover  American Express  MO  Other

Student's First and Last Name	M/F	Date of Birth	Activity #   Title   Time	Fee	Office Use

**Membership is required for all Snowplow Sam, Basic, Adult Beginner and Advanced, Hockey, Pre-Free Skate and Free Skate students. (\$13 non-refundable fee)**

**I acknowledge and agree to the Participant Warning Statement.**

Although participation in supervised athletics and activities is generally considered safe, and serious injuries are not common, it is impossible to eliminate every risk. To help reduce accidents and injuries, players must obey safety rules, report all physical problems, follow a proper conditioning program and inspect their own equipment. By registering for this program, you acknowledge that you have read and understand this warning. Those who do not wish to accept the risk should not register or participate.

*The City of Colorado Springs carries no insurance for participants or spectators.*

*EMS will be called for all medical emergencies, and individuals will be responsible for all ensuing charges.*

**Inclusion Coordinator:**  If the student needs an accommodation to participate, please check the box.

**Helping Hand Fund:** Yes, I would like to contribute  \$1  \$5  \$10 or \$\_\_\_\_\_ to the PRCS Youth Scholarship Fund. This fund allows children, youth and teens to enroll in programs who otherwise would not have the opportunity to participate. Please include your donation with this registration. Thank you!

**INFORMATION PROVIDED BELOW WILL BE DESTROYED IMMEDIATELY AFTER REGISTRATION IS PROCESSED**

**Credit Card Number:** \_\_\_\_\_ **Exp. Date:** \_\_\_\_\_ **CVC Code:** \_\_\_\_\_

*I authorize PRCS to use my credit card for fees in the above listed activities*

\_\_\_\_\_  
Print Cardholder's Name

\_\_\_\_\_  
Signature of Cardholder

## Learn to Skate Evaluations Let us know how we're doing!

We want to provide you with a quality skating experience each and every time you visit.

We appreciate your feedback and want to hear from you throughout the Learn to Skate session.

For continued improvement of services, please complete an evaluation anytime you would like us to know when you are happy with our services and where we could use some improvement.

Evaluations are available at the skate rental counter. As we know your time is valuable,

we would like to thank you for your feedback by providing you one courtesy public skate pass when you submit a completed evaluation.

## Can't register for Fall?

Learn to Skate runs year round!

Registration for the Winter session begins November 14.