

# Dates to Remember

## Upcoming Exhibitions & Events

Marietta Ice Center Basic Skills Competition – May 2010  
Halloween Showcase – October 31, 2010  
Marietta Ice Center Holiday Show – December 12, 2010

# Public Skate Times

Tuesday	2:40pm-4:40pm
Thursday	10:40am-12:40pm
Friday	4:30pm – 6:30pm
Friday	7:30pm – 9:30pm
Saturday	2:00pm – 4:00pm
Saturday	5:00pm – 7:00pm
Saturday	7:30pm – 9:30pm
Sunday	2:00pm – 4:00pm

# Freestyle Sessions

<http://www.themicice.com/pages/figure-skating/freestyle-schedule.php>

**All class times and special events are subject to change based on enrollment. Please check our website at [www.themicice.com](http://www.themicice.com) for changes.**



US Figure Skating Basic Skills Program



# Spring towards Summer 2010

## *Tuesday Classes*

May 11-June 1

## *Saturday Classes*

May 8-June 5

No class May 29<sup>th</sup> due to Memorial Day Weekend

**\$75**

*Cost includes the following:  
Rental skates, 30 minutes of group instruction for 4 weeks and a skate card with 4 public skate passes!*

If you have your own skates the cost will be

**\$65**

The cost for each additional class is reduced \$10

*Registration deadlines are 1 week prior to the first class. Late registration is taken by the discretion of the Skating School Director and requires a 15\$ late fee.*

The Marietta Ice Center  
4880 Lower Roswell Rd. Marietta GA 30068  
770-509-5067 (ph) 770-509-5068 (f)  
[www.themicice.com](http://www.themicice.com)

Learn to Skate School Director – Chrissy Imperiale  
[chrissyimperiale@yahoo.com](mailto:chrissyimperiale@yahoo.com)  
678-656-7902

# Class Schedule

<b>Snow Plow Sam 1-4</b>	Tuesday	4:50 – 5:20pm	
	Tuesday	5:25 – 5:55pm	
	Saturday	10:05 – 10:35am	
	Saturday	10:40 – 11:10am	
<b>Basic Skills 1</b>	Tuesday	4:50 – 5:20pm	
	Saturday	10:05 – 10:35am	
	Saturday	11:15 – 11:45am	
<b>Basic Skills 2</b>	Tuesday	4:50-5:20pm	
	Saturday	10:40 – 11:10am	
<b>Basic Skills 3 &amp; 4</b>	Tuesday	5:25 – 5:55pm	
	Saturday	11:15 – 11:45am	
<b>Basic Skills 5</b>	Tuesday	5:25 – 5:55pm	
	Saturday	10:05 – 10:35am	
<b>Basic Skills 6 through 8</b>	Tuesday	4:50 – 5:20pm	
	Saturday	11:15 – 11:45am	
<b>Hockey</b>	Tuesday	5:25 – 5:55pm	
	Saturday	10:40 – 11:10am	
11:15 – 11:45am	<b>Adults</b>	Saturday	11:15 – 11:45am
<b>Freestyle 1 through 6</b>	Tuesday	4:50 – 5:20pm	
	Saturday	10:40 – 11:10am	
<b>Power/Edge (Basic 6 &amp; up)</b>	Tuesday	4:00 – 4:30pm	
<b>Beginning Jumps and Spins (Basic 6 &amp; up)</b>	Saturday	10:05 – 10:35am	

The MIC's Learn-to-Skate program is an excellent way to help people of all ages improve their coordination, balance, and develop and strengthen muscles. Skaters will be enhancing their skills in coordination, self discipline, listening, and retention that will enable them to be better prepared in all areas of physical and mental endeavors. It is the parents obligation to inform the Marietta Ice Center and the Learn-to-Skate coach of any medical conditions that a child may have.

**What to wear** - Layer clothes that are comfortable and allow you to move freely. The children should wear water resistant pants as beginners and please **remember to bring gloves and a hat!** Skates should fit snug and you should wear one pair of lightweight socks. If the children are below 6, a helmet is highly recommended.

# Class Descriptions

## **Snowplow Sam 1 (pre-requisite: 3-5 yrs. old)**

Standing up, proper way to fall, dip in place marching in place and moving.

## **Snowplow Sam 2 (pre-requisite: successfully completed Snowplow Sam 1)**

Gliding, Dip while moving, Backward Wiggles, Two foot Swizzles, Rocking Horse, & 2-foot hop.

## **Snowplow Sam 3 (pre-requisite: successfully completed Snowplow Sam 2)**

Forward skating, one foot glides, forward swizzles, backward swizzles, snowplow stop 7 curves.

## **Basic Skills 1 (pre-requisite: 6 yrs old & up, under 6 yrs old must have completed Snowplow Sam 3)**

Sit and stand up, March forward, Two-foot Glide, dip, Forward Swizzles, Backward Wiggles, Snowplow Stop, Rocking Horse & Two-Foot Hop in place.

## **Basic Skills 2 (pre-requisite: must have successfully completed Basic Skills 1)**

Forward one foot glides, Backward two-foot glide, Backward Swizzles, Two Foot Turn, Moving Snowplow Stop & Forward Alternating ½ Swizzle Pumps

## **Basic Skills 3 (pre-requisite: must have successfully completed Basic Skills 2)**

Forward Stroking, Forward ¼ swizzle pumps on a circle, Backward one-foot Glides, Forward Slalom, & Two foot Spin.

## **Basic Skills 4 (pre-requisite: must have successfully completed Basic Skills 3)**

Forward Outside & Inside edge on a circle, Forward crossovers, Forward Outside 3-turns, Backward ½ swizzle pumps, Backward Stroking, & Backward Snowplow Stop.

## **Basic Skills 5 (pre-requisite: must have successfully completed Basic Skills 4)**

Backward Outside & Inside Edges on a circle, Backward Crossovers, One Foot Spin, Hockey Stop, & Side Toe Hop.

## **Basic Skills 6 (pre-requisite: must have successfully completed Basic Skills 5)**

Forward inside 3-turns, Moving Backward 2-foot Turn, T-stop, Bunny Hop, Forward Arabesque/Spiral, & Forward Lunge

## **Basic Skills 7 (pre-requisite: must have successfully completed Basic Skills 6)**

Forward Inside Open Mohawk, Backward Outside Edge to Forward Outside Edge transition, Ballet Jump, Backward Crossovers to a Backward Outside Edge Glide, & Forward Inside Pivots.

## **Basic Skills 8 (pre-requisite: must have successfully completed Basic Skills 7)**

Moving Forward Outside 3-Turn on a circle, Moving Forward Inside 3-Turn on a circle, Combination Move, One foot Spin, Waltz Jump, Mazurka.

## **Hockey 1-4 (pre-requisite: 6 yrs old & up, under 6 yrs old must have completed Snowplow Sam 3)**

Proper Stance, Backward Stance, Strides backward Hustle, Forward & backward C-Cuts, Hockey Stop, Mohawks, Lateral marching crossovers

## **Specialty Clinic - Spin, Jump & Edge**

working on improving the technique, speed, and power of various spins, jumps & edges.

**\*class will be split by skating ability and enrollment**

**\*(4) week long classes may require a second (4) week session to complete the level**