

Dates to Remember

[Upcoming Exhibitions & Events](#)

4th Annual MIC Spring Open
May 15th 2011

Ask about Summer Camp Sessions 2011

Freestyle Sessions

[Check](#) out the Marietta Ice Center Website
For all freestyle sessions or pick up a
Flyer at the front desk

**All class times and special events are subject to change
based on enrollment. Please check our website at
www.themicice.com for changes.**



US Figure Skating Basic Skills Program



Spring 4-week Learn to Skate Session 2011

Tuesday Classes
May 10th - May 31st

Saturday Classes
May 14th - June 11th

NO CLASSES MAY 28th for 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 Marietta Ice Center
4880 Lower Roswell Rd. Marietta GA 30068
770-509-5067 (ph) 770-509-5068 (f)
www.themicice.com

Learn to Skate School Director – Chrissy Imperiale
chrissyimperialesk8@gmail.com 678-656-7902

Class Schedule

Snow Plow Sam 1-4	Tuesday Tuesday Saturday Saturday	4:50 – 5:20pm 5:25 – 5:55pm 9:40 – 10:10am 10:20 – 10:50am
Basic Skills 1	Tuesday Tuesday Saturday Saturday Saturday	4:50 – 5:20pm 5:25 – 5:55pm 9:40 – 10:10am 10:20-10:50am 11:00 – 11:30am
Basic Skills 2	Tuesday Saturday	4:50-5:20pm 10:20-10:50am
Basic Skills 3 & 4	Tuesday Saturday	5:25 – 5:55pm 11:00 – 11:30am
Basic Skills 5	Tuesday Saturday	5:25 – 5:55pm 9:40 – 10:10am
Basic Skills 6 through 8	Tuesday Saturday	4:50 – 5:20pm 11:00 – 11:30am
Hockey	Tuesday Saturday	5:25 – 5:55pm 9:40 – 10:10am
Adults	Saturday	11:00 – 11:30am
Freestyle 1 through 6	Tuesday Saturday	4:50 – 5:20pm 10:20– 10:50am
Power/Edge (Basic 6 & up)	Tuesday	4:10 – 4:40pm
Beginning Jumps and Spins (Basic 6 & up)	Saturday	9:40 – 10:10am

Beginners:

CHILDREN 3-6 Register for Snowplow Sam 1
CHILDREN 6 and up Register for Basic 1
Adults 18+ should register for the Adult class

Things to Remember on the first Day of Class:

Gloves

Long Pants preferably water resistant/Long socks

A helmet if desired for beginners

Arrive 15 minutes before scheduled class to ensure smooth registration process and time for fitting skates and organizing class

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.

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 ½ 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

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

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