

# Dates to Remember

## Upcoming Exhibitions & Events

Marietta Ice Center Basic Skills Competition – May 2010  
Spring into Summer Showcase Extravaganza – June 2010  
Halloween Showcase – October 31, 2010  
Marietta Ice Center Holiday Show – December 12, 2010

# Fall Public Skate Times

Tuesday	2:40pm-4:40pm
Thursday	10:40am-12:40pm
Friday	4:00pm – 6:00pm
Friday	7:30pm – 9:30pm
Saturday	2:00pm – 4:00pm
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 2010*



*Tuesday Classes*

March 2nd–April 27

*Saturday Classes*

March 6th–May 1

**No Classes April 6<sup>th</sup> and April 10<sup>th</sup>**

**\$150**

*Cost includes the following:  
Rental skates, 30 minutes of group instruction for 8 weeks and a skate card with 8 public skate passes!*

**If you have your own skates the cost will be**

**\$130**

**The cost for each additional class is reduced \$20**

*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 25\$ late fee.*

**The Marietta Ice Center**  
4880 Lower Roswell Rd. Marietta GA 30068  
770-509-5204 (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	5:20 – 5:50pm
	Saturday	10:00 – 10:30am
	Saturday	10:30 – 11:00am
<b>Basic Skills 1</b>	Tuesday	4:50 – 5:20pm
	Saturday	10:00 – 10:30am
	Saturday	11:00 – 11:30am
<b>Basic Skills 2</b>	Tuesday	4:50-5:20pm
	Saturday	10:30-11:00am
<b>Basic Skills 3 &amp; 4</b>	Tuesday	5:20 – 5:50pm
	Saturday	11:00 – 11:30am
<b>Basic Skills 5</b>	Tuesday	5:20 – 5:50pm
	Saturday	10:00 – 10:30am
<b>Basic Skills 6 through 8</b>	Tuesday	4:50 – 5:20pm
	Saturday	11:00 – 11:30am
<b>Hockey</b>	Tuesday	5:20 – 5:50pm
	Saturday	10:30 – 11:00am
<b>Adults</b>	Saturday	11:00 – 11:30am
<b>Freestyle 1 through 6</b>	Tuesday	4:50 – 5:20pm
	Saturday	10:30 – 11:00am
<b>Power/Edge (Basic 6 &amp; up)</b>	Tuesday	4:00 – 4:30pm
<b>Beginning Jumps and Spins (Basic 6 &amp; up)</b>	Saturday	10:00 – 10:30am

*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.*

**What to wear** - Layer clothes that are comfortable and allow you to move freely. Remember to bring gloves and a hat! Skates should fit snug and you should wear one pair of lightweight socks.

# 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