

# Dates to Remember

## Upcoming Exhibitions & Events

Marietta Ice Center Fall into Winter Festival and Basic Skills Competition  
November 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	4:00pm – 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



## FALL SESSION 2010



### Tuesday Classes

September 7<sup>th</sup> – October 26<sup>th</sup>

### Saturday Classes

September 11<sup>th</sup> – October 30<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 or family member is reduced \$20

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

## Beginners:

CHILDREN 3-6 Register for Snowplow Sam 1

CHILDREN 6 and up Register for Basic 1

Adults 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