Wichita Ice Center Professional Coaching Staff

The instructors for the learn to skate program are professional members of the United States Figure Skating Association, The Professional Skaters Association and/or The USA Hockey Association.

The Wichita Ice Center's professional staff is highly skilled, reputable, experienced and knowledgeable in all levels of hockey and figure skating from the beginning levels through the top competitive levels.

The professional staff is also available for private lessons to those wishing to supplement their group class instruction or advance their skating skills.

For more information please contact
Gia Witmer
Wichita Ice Center Skating Director
(316) 337-9199
gwitmer@wichitaicecenter.com

PIZZA PAPA JOHN'S
Better Ingredients. Better Pizza.
(Proudly sponsors all LTS Parties)

Wichita Ice Center Additional Programs and Sessions

Public Skating Sessions
Everyone is invited to enjoy recreational leisure skating regardless of age or skill level. Check website for daily public skating session times. Group rates are available. (www.wichitaicecenter.com)

Field Trips
Join us for a half or full day action packed field trip. The day will include a skating lesson, public skate time, games, food, tour of the ice plant and a good time had by all.

Hockey Institute
The hockey institute offers a variety of opportunities for any hockey player (beginner thru elite). Weekly drop-in hockey sessions, stick & puck, Adult Hockey Leagues (30 yrs and older), Learn to Play & Performance Hockey Clinics are all offered. The Wichita Ice Center is home to the Wichita Youth Hockey Association. Contact the Hockey Director at 316-337-9199 for more information.

Skating Academy
The skating academy offers many programs, on-ice classes, private lessons, and off-ice conditioning all taught by our professional instructors. The Wichita Ice Center is home to the Wichita Figure Skating Club. Contact the Skating Director at 316-337-9199 for more information.

College Courses
Do you need more credit? Sign up through Friends University or Wichita State University and earn college class credit while you learn to ice skate or improve your hockey skating skills. Contact the Skating Director at 316-337-9199 for more information.

Additional Specialty Programs
The Wichita Ice Center offers additional programs:

- Unique Birthday Parties
- Broomball (no skates required!)
- Boy Scout & Girl Scout Badge classes
- Speed Skating (sponsored by Wichita Speed Skating Club)
- Coffee Club (Adults only!)
- Group Functions and Team Building
- Half-day and Full-day group programs

Wichita Ice Center Basic Skills Program

The objectives of the program are:

- To provide a fun and safe skating experience for the beginner as well as the more advanced skater
- To teach correct technique of the basic elements of skating and develop a finer degree of coordination and balance
- To promote physical fitness and to have fun!

You'll receive great instruction and all these great goodies:

- 4, 6 or 7 half hour group lessons
- Rental Skates and/or Helmet (if needed)
- ½ hour practice time for all classes before or after instruction (first half hour classes practice after class & second half hour classes practice before class) *NOTE: ½ hour practice time not offered for Bridge program, Synchronized Skating 1-4, or Dance 1-6 classes.*
- Official United States Figure Skating Basic Skills membership card, record book with stickers, member patch, year patch, and patch for highest class level completed during session.
- One makeup class allowed per session (no missed classes may be carried forward to new sessions). Please coordinate with the Skating Director for makeup classes.
- All programs are non-refundable after initiation of first session.

Additional Discounts offered:

- *Early Bird Discount:* Register and pay in full for LTS classes 7 days prior to 1st day of class and receive $10 off.
- *Multiple Class Discount:* Sign up for two LTS classes during the same LTS session and receive the second class for ½ off the regular rate. ***NOTE:*** ½ off discount only allowed for the same skater enrolling in more than one class. Discount will be taken off cheapest class. May not be combined with other discounts.
- *Family Discount:* Receive 10% off for each additional family member registering during the same LTS session. ***NOTE:*** First family member must be charged full rate to receive family discount. May not be combined with other discounts.

WICHITA ICE CENTER — SKATE PLAY CHILL — GENESIS HEALTH CLUB

Learn to Skate Group Lessons & Off-Ice Conditioning Classes

Tuesday Afternoons & Evenings
April 17-May 29, 2012 (7-weeks)
June 5-June 26, 2012 (4-weeks)
July 10-July 31, 2012 (4-weeks)
August 14-September 25, 2012 (7-weeks)
October 2-November 13, 2012 (7-weeks)

Friday Evenings
April 20-June 1, 2012 (7-weeks)
June 8-June 29, 2012 (4-weeks)
July 13-August 3, 2012 (4-weeks)
August 17-September 28, 2012 (7-weeks)
October 5-November 16, 2012 (7-weeks)

Saturday Mornings
April 21-June 2, 2012 (7-weeks)
June 9-June 30, 2012 (4-weeks)
July 14-August 4, 2012 (4-weeks)
August 18-September 29, 2012 (7-weeks)
October 6-November 17, 2012 (7-weeks)

US FIGURE SKATING Basic Skills Program Presented by Marshalls

WICHITA ICE CENTER
505 W. MAPLE
(316) 337-9199

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"LEARN TO SKATE" CLASSES

Wichita Ice Center uses the United States Figure Skating "Skate with U.S." Basic Skills curriculum to teach tots, children, adolescents and adults the beginning through advanced levels of ice-skating and hockey skills. The Basic Skills program will help you learn all the fundamentals of skating – It's simply the best way to take to the ice. The Basic Skills program is fun, challenging and rewarding; it keeps skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Whether your goal is to achieve Olympic fame or simply enjoy the recreational benefits of skating, Basic Skills is for you! United States Figure Skating is the governing body for figure skating in the United States. The United States Figure Skating Basic Skills program is endorsed by USA Hockey.

Parent & Tot Curriculum

The parent & tot classes are designed to help the preschool age skater develop basic skating skills necessary to maneuver on the ice in a class setting with their parents' assistance in class on the ice. Helmets required for tots. No charge for parents skating with their tots. (Ages 2½ -5)

Snowplow Sam Curriculum Levels 1 thru 3

The snowplow sam levels are designed to help the preschool age skater develop preliminary coordination and strength necessary to maneuver on the ice. Helmet required. (Ages 3-5)

Basic Skills Curriculum Levels 1 thru 8

The basic skills curriculum is designed to teach the fundamentals of the sport and introduce the essential moves - forward skating, backward skating, stops, edges, crossovers, turns & mohawks to school age children. (Ages 6 & up)

Hockey Curriculum Levels 1 thru 4

The hockey curriculum is designed to teach the rudiments of hockey skating, to include how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus; all elements are taught without a stick or puck. Hockey skates and an ice-approved certified hockey helmet required (rentals available). *Prerequisite: Basic Skills level 2.* (Ages 5 & up)

Adult Curriculum Levels 1 thru 4

The adult curriculum is designed for the beginning adult skater, promoting physical fitness, while improving balance and coordination. Each skater will progress at an individual rate while being challenged and motivated. (Ages 13 & up)

Dance Curriculum Levels 1 thru 6

The dance curriculum focuses on the components of ice dancing and reviews the basic edges and turns while skating to music. Skaters will learn the first six dance patterns in the U.S. Figure Skating test structure. *Prerequisite: Basic Skills level 8 or Adult level 4.*

Speed Skating Curriculum Levels 1 thru 6

NEW!

The speed skating curriculum is designed to introduce beginning speed skating techniques to skaters after they have learned the basic skating fundamentals. The techniques include basic positions, edges, turns, starts and speed development. *Prerequisite: Basic Skills level 4 or Adult level 2 or Hockey level 4.*

Theatre on Ice Curriculum Levels 1 thru 4

The theatre on ice curriculum teaches the skater how to perform and express the required dramatic elements including a specific theme, choreographic process, and a movement or gesture. *Prerequisite: Basic Skills level 4 or Adult level 2.*

Artistry in Motion Curriculum Levels 1 thru 4

The artistry in motion curriculum incorporates overall body awareness, choreography, composition and artistic expression to skating techniques. *Prerequisite: Basic Skills level 8 or Adult level 4.*

Free Skate Curriculum Levels 1 thru 6

The free skate curriculum is designed to give skaters a strong foundation on which to build up their skills. All free skate levels are divided into 4 sections: moves in the field, dance/footwork sequences, spins and jumps. At this point the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating. *Prerequisite: Basic Skills level 8 or Adult level 4.*

Adv. Free Skate "Bridge" Curriculum

The advanced free skate "bridge" curriculum is designed to teach skaters advanced skating skills not taught in the free skate curriculum. Skaters will be introduced to on and off ice "training programs" along with learning the rules of the ice, appropriate skating behaviors, and most importantly work towards improving their skating skills. *Prerequisiste: Free Skate level 2.*

Synchronized Skating Curriculum Levels 1 thru 4

NEW!

The synchronized skating curriculum introduces skaters to the basic skills which will become the building blocks for future success in synchronized skating. *Prerequisite: Basic Skills level 4.*

LEARN TO SKATE CLASS SCHEDULE

Refer to front of brochure for class dates

TUESDAY LTS CLASSES

*** June & July 2pm session changes to 11:30am-12:30pm class times***

2:00-2:30pm Classes**
Parent & Tot
Snowplow Sam 1 thru 3
Basic 1 thru 2
Hockey 1 thru 4

2:30-3:00pm Classes**
Basic 3 thru 8
Free Skate 1 thru 6
Adult 1 thru 4

5:30-6:00pm Classes
Adv Free Skate "Bridge"
Dance 1 thru 6
Artistry in Motion 1 thru 4
Theatre on Ice 1 thru 4

6:00-6:30pm Classes
Parent & Tot
Snowplow Sam 1 thru 3
Basic 1 thru 2
Hockey 1 thru 4
Adult 1 thru 4

6:30-7:00pm Classes
Basic 3 thru 8
Free Skate 1 thru 6
*Special Olympics 1 thru 12

FRIDAY LTS CLASSES

5:15-5:45pm Classes
Parent & Tot
Snowplow Sam 1 thru 3
Basic 1 thru 2
Hockey 1 thru 4

5:45-6:15pm Classes
Basic 3 thru 8
Free Skate 1 thru 6
Adult 1 thru 4

6:15-6:45pm Classes
Speed Skating 1 thru 6

SATURDAY LTS CLASSES

10:30-11:00am Classes
Adv. Free Skate "Bridge"
Dance 1 thru 6
Synchronized Skating 1 thru 6
Artistry in Motion 1 thru 4
Theatre on Ice 1 thru 4

11:00-11:30am Classes
Parent & Tot
Snowplow Sam 1 thru 3
Basic 1 thru 2
Hockey 1 thru 4
Adult 1 thru 4

11:30am-12:00pm Classes
Basic 3 thru 8
Free Skate 1 thru 6
Theraputic 1 thru 14
*Special Olympics 1 thru 12

LEARN TO SKATE CLASS COSTS

4-week classes - $54.00
6-week classes - $76.00
7-week classes - $87.00

Early Bird Discount - Save $10 if you register in person and pay in full 7 days prior to 1st day of class

Register in person at the front desk or pro shop
or reserve your spot in class online at
http://www.wichitaicecenter.com/LearntoSkate/LearntoSkateRegistrationForm.aspx

Special Olympics Curriculum Levels 1 thru 12

The Special Olympics curriculum is designed for people with mental retardation who may exhibit any number of physical impairments. The Special Olympics Ice Skating Badge Program allows athletes to learn skills in progressive order and earn badges at each level. Athletes who complete the Special Olympics Badge Program will be prepared to move into our existing Learn to Skate badge program. [*Cost is $16 for 4-weeks or $24 for 6-weeks or $28 for 7-weeks (includes skate rental and admission to one public session immediately following class). Price applies only to Special Olympics Classes*]

Therapeutic Curriculum Levels 1 thru 14

NEW!

The Therapeutic curriculum is designed to help physically challenged skaters develop skills and enhance their skating experience. The program encourages skaters to continue in the sport of skating for physical recreation and activity while taking limitations into consideration.

BALLET & OFF-ICE CONDITIONING CLASSES

Our off-ice conditioning and ballet classes are geared towards both the recreational and competitive figure skater. Each off-ice conditioning and ballet class teaches a different group of skills and techniques that relate directly to skating and overall body awareness, power, strength, agility, jumping techniques, and ballet.

Low Conditioning/Ballet Classes

The conditioning/ballet class is a great introduction to off-ice conditioning and the graceful art of ballet; improving flexibility, core balance/strength, endurance, and cardiovascular agility.

Flex/Strength/Core/Cardio Classes

The flexibility/strength/core/cardio class is designed to improve flexibility, core balance, strength, endurance, and cardiovascular agility through numerous focused exercises.

BALLET & OFF-ICE CONDITIONING CLASSES

Refer to front of brochure for class dates

4-wk session - $38
6-wk session - $52
7-wk session - $58

Early Bird Discount - Save $10 if you register in person and pay in full 7 days prior to 1st day of class

Tuesday Classes:
5:30-6:00pm – Low Conditioning/Ballet

Saturday Classes:
10:30am-11:00am – Flexibility/Strength/Core/Cardio