

LEARN TO

SKATE

USA

FALL #1 2022
SEPTEMBER 6-OCTOBER 15, 2022

SIX WEEK SESSION



505 W. Maple | Wichita, Kansas 67213
(316) 337-9199 | wichitaicecenter.com



About Learn to Skate USA

Welcome to Learn to Skate at the Wichita Ice Center! We hope you love ice skating as much we do!
Everything you need to know about Learn to Skate Group Classes is right here!

Mission

To provide a fun and positive experience that instills a lifelong love of skating.

Objectives

- Teach children and adults the fundamentals of ice skating while building confidence and skills through each lesson.
- Provide a progressive curriculum that ensures success from the first steps on the ice to the mastery of advanced skills.
- Promote the health and fitness benefits of ice skating.
- Equip each participant with the foundation necessary to reach their goal, be it recreational or competitive in nature.



endorsed by



Overview

As you begin your journey of learning to skate, you will quickly realize you are learning so much more than how to skate. You'll experience the joy of improving every time you try something new. Each time you fall, you strengthen your confidence to get back up and try again. While learning the importance of balance, discipline and tenacity, you are reassured you can overcome even the greatest challenges. These are more than lessons in skating; they are essential lessons of life.

Learn to Skate USA makes these lessons easy and fun. Through our world-class curriculum and nationally certified instructors, learning to skate is going to be fun — from your first steps on the ice until the time you reach your goals. Whether you wish to enjoy the recreational benefits of skating or dream of Olympic fame, this is the place to start.

The only ice skating program endorsed by U.S. Figure Skating, USA Hockey, U.S. Speedskating and the Special Olympics, Learn to Skate USA offers every participant a rewarding experience rooted in the lifelong benefits of ice skating.

**IMPROVE YOUR SKATING
SKILLS FOR FIGURE SKATING
AND HOCKEY!**

Our Learn to Skate Program

At the Wichita Ice Center, we want participants to have a positive learning experience filled with lots of fun.

It is our goal to:

- Teach the correct techniques so skaters can move into either hockey, figure skating, or recreational skating.
- Provide a safe, fun, and enjoyable skating experience.
- Promote health and fitness.
- Teach life-long skills.

We understand each skater is unique and will progress through the levels at his or her own pace.

The curriculum guides the skaters through the Learn to Skate USA test structure. We want our skaters to be happy and appropriately challenged. Skaters who are progressing quickly may not be required to complete the entire session at one level (i.e. they may move up a level mid-session, provided all elements are mastered.)

NOTE: Skaters often need the entire session and/or multiple sessions to accomplish the skills as the elements become more difficult.



COVID-19

Staying physically active is one of the best ways to keep your body and your mind healthy. We keep the safety of your family and our employees as our highest priority. The Wichita Ice Center is taking precautions to minimize the spread of COVID-19.

We follow Sedgwick County and the City of Wichita's ordinances pertaining to COVID-19 precautions.

Skaters may choose to wear a mask during class if they'd like.

How can you help prevent the spread of COVID-19?

If your skater or anyone in your family is sick, or has been around someone who has tested positive, please stay home.

Contact our Learn to Skate Director to schedule a make-up class.

Practice social distancing when possible.

Wash your hands often.

Bring a water bottle instead of using the water fountains.

Thank you!

For Ages 3 to 6

PARENT AND TOT

Ages 3 to 6

Cost: \$108/person + \$17.25 Learn to Skate USA yearly membership fee (Membership is valid July 1, 2022 - June 30, 2023)

Description: This class gives mom or dad and their little one the opportunity to enjoy a fun, recreational activity together. Students learn how to sit and stand up on the ice, march in place and two-foot glide with mom or dad for a little extra support. Mom or dad should have basic skating skills. This activity is designed for one child and one parent.

PARENT AND TOT:

TUESDAYS: SEPT 6/SEPT 13/SEPT 20/SEPT 27/OCT 4/OCT 11
from 6:00-6:30PM

SATURDAYS: SEPT 10/SEPT 17/SEPT 24/OCT 1/OCT 8/OCT 15
from 10:45 AM - 11:15 AM

SNOWPLOW SAM LEVELS 1-4

Ages 3 to 6

Cost: \$108/person + \$17.25 Learn to Skate USA yearly membership fee (Membership is valid July 1, 2022 - June 30, 2023)

Discover, Learn, and Play:

The Snowplow Sam levels are introductory classes divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basics of skating. These levels are designed to help children six and younger develop the ABCs of movement on ice - Agility, Balance, Coordination and Speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

Snowplow Sam 1

A. Sit and stand up with skates (on and off-ice); **B.** Sit and stand up (on-ice); **C.** March in place; **D.** March forward (8-10 steps); **E.** March, then glide on two feet; **F.** Dip in place

Snowplow Sam 2

A. March followed by a long glide; **B.** Dip while moving; **C.** Backward walking, toes turned inward, shifting weight (4-6 steps); **D.** Backward wiggles (6 in a row); **E.** Forward swizzles (2-3 in a row); **F.** Beginning snowplow stop motion (in place or holding onto barrier); **G.** Two-foot hop, in place (bonus skill)

Snowplow Sam 3

A. Forward skating (8-10 strides); **B.** Forward one-foot glide, two times skater's height (R and L); **C.** Forward swizzles (4-6 in a row); **D.** Backward swizzles (2-3 in a row); **E.** Moving forward snowplow stop (two foot); **F.** Curves

Snowplow Sam 4

A. Forward skating; **B.** Backward two-foot glide (length of skater's height); **C.** Backward swizzles (4-6 in a row); **D.** Rocking horse (one forward, one backward swizzle, repeat twice); **E.** Two-foot turns from forward to backward (in place, both directions); **F.** Two-foot hop (in place)

ALL SNOW PLOW LEVELS:

TUESDAYS: SEPT 6/SEPT 13/SEPT 20/SEPT 27/OCT 4/OCT 11
from 6:00-6:30PM

SATURDAYS: SEPT 10/SEPT 17/SEPT 24/OCT 1/OCT 8/OCT 15
from 10:45 - 11:15 AM

All class times subject to change based upon enrollment.

For Ages 7 to 15

YOUTH BASIC LEVELS 1-6

Ages 7 to 15

Cost: \$108/person + \$17.25 Learn to Skate USA yearly membership fee (Membership is valid July 1, 2022 - June 30, 2023)

FUNDamentals

Basic Skills teaches the FUNDamentals of ice skating and provides the best foundation for figure skating, hockey, and speedskating. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

Discover, Learn, and Play: (Basic 1-2): These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

FUNDamentals (Basic 3-6): These levels develop all of the fundamental skating skills on the ice. Focus is on learning the ABC's of basic athleticism: agility, balance, coordination and speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

Basic 1

A. Sit on ice and stand up; **B.** March forward across the ice; **C.** Forward two-foot glide; **D.** Dip; **E.** Forward swizzles (6-8 in a row); **F.** Backward wiggles (6-8 in a row); **G.** Beginning snowplow stop on two feet or one foot

Basic 2

A. Scooter pushes (R and L); **B.** Forward one-foot glide (R and L); **C.** Backward two-foot glide (glide the length of skater's height); **D.** Rocking Horse (1 forward swizzle, 1 backward swizzle, repeat twice); **E.** Backward swizzles (6-8 in a row); **F.** Two-foot turns from forward to backward (in place, clockwise and counterclockwise); **G.** Moving snowplow stop

Basic 3

A. Beginning forward stroking showing correct use of blade; **B.** Forward half swizzle pumps on a circle (6-8 consecutive clockwise and counterclockwise); **C.** Moving forward to backward two-foot turns on a circle (clockwise and counterclockwise); **D.** Beginning backward one-foot glides (focus on balance); **E.** Backward snowplow stop (R and L); **F.** Forward slalom

Basic 4

A. Forward outside edge on a circle (R and L); **B.** Forward inside edge on a circle (R and L); **C.** Forward crossovers (clockwise and counterclockwise); **D.** Backward half swizzle pumps on a circle (clockwise and counterclockwise); **E.** Backward one-foot glides (R and L); **F.** Beginning two-foot spin (up to 2 revolutions)

Basic 5

A. Backward outside edge on a circle (R and L); **B.** Backward inside edge on a circle (R and L); **C.** Backward crossovers (clockwise and counterclockwise); **D.** Forward outside three-turn (R and L); **E.** Advanced two-foot spin (4-6 revolutions); **F.** Hockey stop (both directions)

Basic 6

A. Forward inside three-turn (R and L); **B.** Moving backward to forward two-foot turn on a circle (clockwise and counterclockwise); **C.** Backward stroking; **D.** Beginning one-foot spin (2-4 revolutions) optional free leg position and entry; **E.** T-stops (R and L); **F.** Bunny hop; **G.** Forward spiral on a straight line (R and L)

TUESDAYS: SEPT 6/SEPT 13/SEPT 20/SEPT 27/OCT 4/OCT 11 SATURDAYS: SEPT 10/SEPT 17/SEPT 24/OCT 1/OCT 8/OCT 15

Time: 6:00-6:30 PM

Time: 6:30-7:00 PM

Time: 10:45 - 11:15 AM

Time: 11:15-11:45 AM

Basic 1

Basic 4

Basic 1

Basic 4

Basic 2

Basic 5

Basic 2

Basic 5

Basic 3

Basic 6

Basic 3

Basic 6

*All class times subject to change based upon enrollment.

SAFETY

Helmets are suggested for beginner skaters and are recommended for all activities.
Parents and spectators are not allowed on the ice or in the boxes during activities.
Parents can either watch in the stands/benches or observe the classes upstairs.

For Adults: Ages 16 and Up

ADULT BEGINNER TO ADVANCED 1-6

Cost: \$108/person + \$17.25 Learn to Skate USA yearly membership fee
(Membership is valid July 1, 2022 - June 30, 2023)

The Adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participation in the program will help promote physical fitness and improve balance and coordination while teaching proper skating techniques. This is an exciting program for people who look to skating as an enjoyable part of a fit and healthy lifestyle. Divided into six levels from basic skating to more advanced skills, adult skaters will progress at an individual rate while being challenged and motivated. Based on prior skating experience, adults may choose to begin at the level that best matches their skill base.

Adult 1

A. Falling and recovery (on ice); **B.** Forward marching; **C.** Forward two-foot glide; **D.** Forward swizzles (4-6 in a row); **E.** One forward swizzle/one backward swizzle (rocking horse); **F.** Dip; **G.** Forward snowplow stop (two feet or one foot)

Adult 2

A. Forward skating across the width of the ice; **B.** Forward one-foot glides (R and L); **C.** Forward slalom; **D.** Backward skating; **E.** Backward swizzles (4-6 in a row); **F.** Two-foot turns in place

Adult 3

A. Forward stroking using the blade properly (begin with repetitive one-foot pushes); **B.** Forward half-swizzle pumps on the circle (6-8 in a row, clockwise and counterclockwise); **C.** Moving forward to backward and backward to forward two-foot turn on a circle (clockwise and counterclockwise); **D.** Backward skating into a long two-foot glide; **E.** Forward chasses on a circle (clockwise and counterclockwise); **F.** Backward snowplow stop (R and L)

Adult 4

A. Forward outside edge on a circle (R and L); **B.** Forward inside edge on a circle (R and L); **C.** Forward crossovers (clockwise and counterclockwise); **D.** Backward one-foot glides (R and L); **E.** Backward half-swizzle pumps on a circle (clockwise and counterclockwise); **F.** Hockey stop (both directions)

Adult 5

A. Backward outside edge on circle (R and L); **B.** Backward inside edge on a circle (R and L); **C.** Backward crossovers (clockwise and counterclockwise); **D.** Forward outside three-turn (R and L); **E.** Forward swing rolls to a count of six; **F.** Beginning two-foot spin

Adult 6

A. Forward stroking with crossover end patterns; **B.** Backward stroking with crossover end patterns; **C.** Forward inside three-turn (R and L); **D.** Forward outside to inside change of edge on a line (R and L); **E.** T-stop (R or L); **F.** Lunge; **G.** Two-foot spin into one-foot spin

TUESDAYS: SEPT 6/SEPT 13/SEPT 20/SEPT 27/OCT 4/OCT 11

Time: 6:00-6:30 PM

Adult 1

Adult 2

Adult 3

Time: 6:30-7:00 PM

Adult 4

Adult 5

Adult 6

SATURDAYS: SEPT 10/SEPT 17/SEPT 24/OCT 1/OCT 8/OCT 15

Time: 10:45 - 11:15 AM

Adult 1

Adult 2

Adult 3

Time: 11:15-11:45 AM

Adult 4

Adult 5

Adult 6

*All class times subject to change based upon enrollment.

PRACTICE ICE

Learn to Skate students
RECEIVE (6) PASSES to
any of our public skating
sessions.

Students enrolled in
Pre-Free Skate or above
RECEIVE (6) HALF HOUR
Freestyle Session passes.

Each skater receives a punch
card for Public Skating or
Freestyle Sessions depending
on level upon check-in on the
first day of class.

Skate rental is included with
punch cards. Punch cards
expire on the last day of the
session. If you unenroll in a
class, your punch card
becomes void.

There are Public Skating
sessions after Learn to Skate
and Freestyle Sessions before
Learn to Skate where students
can use their punch cards.

Please see rink
schedules for each.

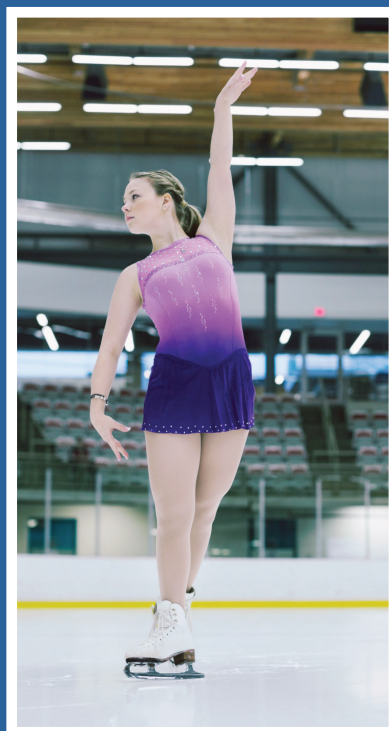


Figure Skating

PRE-FREE SKATE

Prerequisite: Basic 6 or Adult 6

Cost: \$108/person + \$17.25 Learn to Skate USA yearly membership fee (Membership is valid July 1, 2022 - June 30, 2023)

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps - all of which build on the previous skills, providing skaters a strong foundation of all elements.

Skating Skills: **A.** Forward inside open Mohawk from a standstill position (R to L and L to R); **B.** Backward crossovers to backward outside edge glides - landing position (clockwise and counterclockwise); **C.** Backward outside edge to a forward outside edge transition (clockwise and counterclockwise); **D.** Two forward crossovers into a forward inside Mohawk, step down and cross behind, step into one backward crossover and step to a forward inside edge (clockwise and counterclockwise) Spins: **E.** One-foot upright spin, optional entry and free-foot position (minimum 3 revolutions) Jumps: **F.** Mazurka (R and L); **G.** Waltz jump

TUESDAYS: SEPT 6/SEPT 13/SEPT 20/SEPT 27/OCT 4/OCT 11

Time: 6:30-7:00 PM

SATURDAYS: SEPT 10/SEPT 17/SEPT 24/OCT 1/OCT 8/OCT 15

Time: 11:15-11:45 AM

FREE SKATE 1 - 6

Prerequisite: Pre-Free Skate

Cost: \$108/person + \$17.25 Learn to Skate USA yearly membership fee (Membership is valid July 1, 2021 - June 30, 2022)

Each free skate level is comprised of a variety of progressive skating skills, transitions, spins and jumps - all of which build on the previous skills, providing skaters a strong foundation of all elements.

Free Skate 1

Skating Skills: **A.** Forward power stroking (clockwise and counterclockwise); **B.** Basic forward outside and forward inside consecutive edges (4-6 consecutive edges); **C.** Backward outside three-turns (R and L) Spins: **D.** Upright spin, entry from back crossovers (minimum 4-6 revolutions) Jumps: **E.** Half flip; **F.** Toe loop

Free Skate 2

Skating Skills: **A.** Alternating forward outside and inside spirals on a continuous axis (2 sets); **B.** Basic backward outside and backward inside consecutive edges (4-6 consecutive edges); **C.** Backward inside three-turns (R and L) Spins: **D.** Beginning back spin (up to 2 revolutions) Jumps: **E.** Half Lutz; **F.** Salchow

Free Skate 3

Skating Skills: **A.** Alternating backward crossovers to back outside edges (4 sets); **B.** Alternating Mohawk/crossover sequence (R to L and L to R); **C.** Waltz three-turns/forward outside three turn, backward outside edge glide (clockwise and counterclockwise) Spins: **D.** Advanced back spin with free foot in crossed leg position (minimum 3 revolutions) Jumps: **E.** Loop jump; **F.** Waltz jump-toe loop or Salchow-toe loop combination

Free Skate 4

Skating Skills: **A.** Forward power three-turns (R and L, 3 sets each); **B.** Waltz eight (clockwise and counterclockwise) Spins: **C.** Forward upright spin to backward upright spin (3 revolutions, each foot); **D.** Sit spin (minimum 3 revolutions) Jumps: **E.** Half loop; **F.** Flip

Free Skate 5

Skating Skills: **A.** Backward outside three-turn, Mohawk (backward power three-turns, clockwise and counterclockwise); **B.** Five-step Mohawk sequence (clockwise and counterclockwise) Spins: **C.** Camel spin (minimum 3 revolutions) Jumps: **D.** Waltz jump-loop jump combination; **E.** Lutz jump

Free Skate 6

Skating Skills: **A.** Forward power pulls (R and L); **B.** Creative step sequence, skater's choice, using a variety of three-turns, Mohawks and toe steps Spins: **C.** Camel-sit spin combination (minimum 2 revolutions each position); **D.** Layback or attitude spin or cross-foot spin (3 revolutions) Jumps: **E.** Waltz jump-half loop-Salchow jump sequence; **F.** Axel

TUESDAYS: SEPT 6/SEPT 13/SEPT 20/SEPT 27/OCT 4/OCT 11

Time: 6:30-7:00 PM

SATURDAYS: SEPT 10/SEPT 17/SEPT 24/OCT 1/OCT 8/OCT 15

Time: 11:15-11:45 AM

*All class times subject to change based upon enrollment.

Hockey

HOCKEY LEVELS 1-4, HOCKEY POWER SKATING

Prerequisite: Basic 2 or Adult 2

Cost: \$108/person + \$17.25 Learn to Skate USA yearly membership fee (Membership is valid July 1, 2022 - June 30, 2023)

The Hockey curriculum is designed to teach the fundamentals of hockey skating. In four badge levels, skaters will learn how to be more proficient and agile on the ice. Proper skating techniques for the game of hockey are the primary focus of the levels. All elements will be taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, use of edges and other necessary fundamentals to be successful in hockey practices and game situations.

Hockey 1

A. Falling and recovery to a balanced, standing position; **B.** Proper basic hockey stance (forward and backward); **C.** March Forward across the ice (8-10 steps); **D.** Two-foot glides and dips from forward marching across the ice; **E.** Forward swizzles/double c-cuts (4- 6 in a row); **F.** T-Push to a two-foot glide (hold 2-4 seconds) on a straight line, alternating feet; **G.** Snowplow Stop (stationary)

Hockey 2

A. Forward strides using 45 degree V-Push, focus on good recovery and alternating arm drive; **B.** Forward one-foot push and glide (R and L); **C.** Forward C-Cuts: single leg (R and L) and alternating feet (R and L) in a straight line; **D.** Backward hustle or march, then glide on two feet; **E.** Backward swizzles/double C-Cuts (4-6 in a row); **F.** Backward C-Cuts, single leg (R and L) and alternating feet (R and L) in a straight line; **G.** Two-foot moving Snowplow stop

Hockey 3

A. Lateral crossover march (both directions); **B.** Forward C-Cuts (1/2 swizzle pumps) on a circle (both directions); **C.** Forward outside edges on half circles (large C's), alternating feet on the short or long axis of the rink; **D.** Forward inside edges on half circles (large C's), alternating feet on the short or long axis of the rink; **E.** Backward C-Cuts (1/2 swizzle pumps) on a circle (both directions); **F.** Backward snowplow stops: One foot and two feet V-stop; **G.** One-foot moving snowplow stop (R and L) introduce 1/4 turn with hips to hockey stop

Hockey 4

A. Quick starts using forward V-Start; **B.** Backward one-foot glide (R and L); **C.** Forward Crossover glides (clockwise and counterclockwise). Hold feet in crossed position for 2 counts; **D.** Backward Crossover glides (clockwise and counterclockwise). Hold feet in crossed position for 2 counts; **E.** Forward Crossovers on circle (clockwise and counterclockwise, 4-6 each); **F.** Backward crossovers on circle (clockwise and counterclockwise 4-6 each); **G.** Hockey Stops (stopping to the left and to the right, with speed)

Hockey Power Skating

A. Powerful backward C-cuts; **B.** Forward alternating crossovers down the length of the ice, with wide step transitions (3 to left and 3 to right); **C.** Backward alternating crossovers down the length of the ice, with wide step transitions (3 to left and 3 to right); **D.** Forward power hockey turns/tight glide turns, 180- and 360-degree turns; **E.** Lateral pivots: forward to backward and backward to forward; **F.** Fast stops and starts using powerful, full strides and quick hockey stops (R and L); **G.** Fast backward skating with quick backward V-stops (one- and two-foot stops, alternating feet)

TUESDAYS: SEPT 6/SEPT 13/SEPT 20/SEPT 27/OCT 4/OCT 11

Time: 6:00-6:30 PM

Hockey 1

Hockey 2

Time: 6:30-7:00 PM

Hockey 3

Hockey 4

Hockey Power Skating

SATURDAYS: SEPT 10/SEPT 17/SEPT 24/OCT 1/OCT 8/OCT 15

Time: 10:45 - 11:15 AM

Hockey 1

Hockey 2

Time: 11:15-11:45 AM

Hockey 3

Hockey 4

Hockey Power Skating

*All class times subject to change based upon enrollment.



WHAT TO WEAR

Skate boots should provide a snug fit. Your foot should not move around inside the boot. The closer the fit, the more control you will have.

Lace skates by crisscrossing the laces snugly around each hook. To ensure proper support for the ankle, the tightest point of lacing should be at the instep.

Wear several layers of clothing to start. As you warm-up you can discard a layer or two. Comfort and freedom of movement are important. Try not to wear clothing that might be restrictive like jeans. Sweats or warm-ups are ideal.

Remember to bring gloves. No hockey gear, please. Hockey helmet and gloves may be worn beginning in Hockey 1.



Aspire BRIDGE Program - COMING SOON.

Are you a figure skater ready to take your skating to the next level?

The Aspire Program is designed for skaters who have completed Pre-Free Skate through the Pre-Preliminary (test level) and works with them in a fun, supportive group setting on more advanced jumps, spins, jump and spin technique, the Axel, Theatre on Ice, Artistry in Motion, Ice Dance, the US Figure Skating test structure, Moves in the Field, and so much more.

See our brochure at the front desk on the Aspire Program for more information.

Specialty Lessons (currently offered as part of the Aspire Program)

Theatre on Ice (TOI)

Prerequisite: Free Skate 1

***LTS membership not required if skater is a member of US Figure Skating. Proof of membership required at registration/check-in.**

This curriculum incorporates the TOI elements of choreography, skating movements and the rapport between skaters and/or subgroups of skaters at an introductory level. Emphasis should be on demonstration of the elements and control of the skating skills for the badge levels required. The four themes chosen for the curriculum are Joy, Body as an Instrument, Traveling Through Space, and Rhythm.

Theatre on Ice 1

A. Theme – Joy (emotion); **B.** Choreographic Process – Repetition; **C.** Body Movement – Allegro (fast movement); **D.** Program to music, 1:30, +/- :10 sec., incorporating the above elements

Theatre on Ice 2

A. Theme – Body as an Instrument; **B.** Choreographic Process – Canon; **C.** Body Movement – Soft Movement (fluid and light); **D.** Program to music, 1:30, +/- :10 sec., incorporating the above elements

Theatre on Ice 3

A. Theme – Traveling Through Space (find different skating skills and formations); **B.** Choreographic Process – Mirroring; **C.** Body Movement – Unison; **D.** Program to music, 1:30, +/- :10 sec., incorporating the above elements

Theatre on Ice 4

A. Theme – Rhythm (explore different rhythms and timings); **B.** Choreographic Process – Call and Response; **C.** Body Movement – Percussive (sharp, fast movement); **D.** Program to music, 1:30, +/- :10 sec., incorporating the above elements

Artistry in Motion (AIM)

Prerequisite: Free Skate 1

***LTS membership not required if skater is a member of US Figure Skating. Proof of membership required at registration/check-in.**

The AIM program introduces skaters to the basic principles and philosophy of choreography, presentation and performance. The badge program provides a foundation in basic body alignment, movement and line. Using this program will contribute to the training of the complete figure skater. Artistry in Motion praises the creative mind of every skater.

Artistry in Motion 1

A. Introduction to basic dance movement and terminology; **B.** Introduction to tempo, rhythm, and music; **C.** Facial Expression; **D.** Introduction to overall body awareness and body levels; **E.** Basic Program Construction

Artistry in Motion 2

A. Introduction to classical music; **B.** Torso and back placement; **C.** Port de bras (carriage of the arms); **D.** Classical dance movements; **E.** Skater's choreography

Artistry in Motion 3

A. Introduction to jazz; **B.** Introduction to contemporary music; **C.** Connecting movements: Ina Bauers, spread eagles, spirals, knee slides and body slides; **D.** Footwork body levels; **E.** Spiral Sequences; **F.** Interpretation to music

Artistry in Motion 4

A. Presentation and style; **B.** Spins; **C.** Body levels in a structured sequence; **D.** Short program choreographed by the skater, 1.5 minutes long with costumes, props (if needed) and music chosen by the skater

NEW! REGISTER ONLINE!

USE THIS LINK TO SIGN UP FOR TUESDAY CLASSES:
bit.ly/3wp6u1v

USE THIS LINK TO SIGN UP FOR SATURDAY CLASSES:
bit.ly/3dSA0Gv

TIME TO RENEW (or purchase) **LTS MEMBERSHIP**

See **REGISTRATION INFORMATION PAGE** for information. Questions? Ask Jesse!

Not sure what level to sign up for? See the Learn to Skate level progressions:

If you have never skated before, or you have never had any formal training, we recommend starting in the following classes:

Snowplow Sam 1 for ages 3-6; Basic 1 for ages 7-15; Adult 1 for Adults ages 16+.

PROGRESSION FOR SNOWPLOW SAM SKATERS

Skaters enrolled in Snowplow Sam classes will complete Snowplow Sam 1-4. After successful completion of Snowplow Sam 4, skaters advance to Basic 2.

PROGRESSION FOR BASIC SKILLS AND ADULT SKATERS

After successful completion of Basic 2 or Adult 2, skaters will move to their respective hockey or figure skating track.

PROGRESSION FOR HOCKEY TRACK

Once skaters have passed Basic 2 or Adult 2, they will enroll in Hockey 1 and progress to Hockey 2 through Hockey Power Skating.

PROGRESSION FOR FIGURE SKATING TRACK

Once skaters have passed Basic 2, they will enroll in Basic 3 and continue on through Basic 6. After Basic 6 they will enroll in Pre-Free Skate and progress to Free Skate 1-6.

Once skaters have passed Adult 2, they will enroll in Adult 3 and continue on through Adult 6. After Adult 6 they will enroll in Pre-Free Skate and progress to Free Skate 1-6.

INFO: SKATER REPORT CARDS & TEST DAY

At the end of the session (week six), we have a test day where skaters are tested on the skills in the level to see if they have mastered those skills and are ready to move on.
Badges are given to the student for passing a level.

**Please note: it is perfectly normal for a skater to spend more than one session in a level.
Remember each skater is on their own journey!**

Registration Information

6-WEEK FALL SESSION: SEPTEMBER 6-OCTOBER 15, 2022

INCLUDES:

1. Six 30-minute lessons: Cost \$108
2. FREE skate rental
3. Six FREE public skate passes or six FREE freestyle passes for pre-freeskate and above. (MUST be used during the Fall Session.) Punch cards issued on the first day of class.
4. Low student/teacher ratios
5. If you start after the session begins, we will prorate.

TUESDAY CLASSES:

SEPT 6/SEPT 13/SEPT 20/SEPT 27/OCT 4/OCT 11

SATURDAY CLASSES:

SEPT 10/SEPT 17/SEPT 24/OCT 1/OCT 8/OCT 15

SPECIAL

NOTE:

One discount
per skater.
May not
combine.

REGISTRATION INFO & DISCOUNTS

- Military and first responders (Police, Firefighters, EMS, Healthcare Workers, etc.) receive 10% off. Must show proof at registration.
- Family discount: additional family members (parents or siblings) receive 10% off their registration fee.
- **If you would like the military/first responder discount, family discount, or multi-class discount, please register in person or over the phone as they are not available online.**

SPECIAL OFFER:

If you sign up for two classes, YOUR
SECOND CLASS IS HALF OFF!

Enrolling in both the Tuesday and Saturday sessions is a great way to kickstart your skating and progress through the levels even faster!

REGISTRATION OPTIONS **NEW! REGISTER ONLINE!**

USE THIS LINK TO SIGN UP FOR TUESDAY CLASSES:

bit.ly/3wp6u1v

USE THIS LINK TO SIGN UP FOR SATURDAY CLASSES:

bit.ly/3dSA0Gv

OR Register by phone: call (316) 337-9199 OR

Register in person: Wichita Ice Center, 505 West Maple Street, Wichita, KS 67213

The Wichita Ice Center reserves the right to change, combine, or cancel any class. The Wichita Ice Center has the right to refuse service.

REFUND POLICY

A full credit or refund will be issued to the customer if a program is canceled or at capacity. Refunds are not accepted after the session starts. **Learn to Skate USA membership fee is non-refundable. RENEW NOW!**

ACTIVITY SIZE & ENROLLMENT

Wichita Ice Center's policy is to provide quality programming. A student/teacher ratio of 10:1 will be maintained in all Learn to Skate USA sanctioned activities. Classes with less than four skaters may be combined with another level. Class size is limited.

PHOTOGRAPHY

By registering yourself/your child in Learn to Skate activities, you hereby consent to the photographing of yourself/your child by the City of Wichita and/or their agents, and consent to the use of these photographs singularly or in conjunction with other photographs or video recordings for Wichita Ice Center marketing purposes without any compensation.

MAKE-UP LESSONS

Make-up lessons are available to students if the activity the students is registered for is offered at a different time or day. A make-up lesson must be pre-scheduled. **A make-up lesson must be pre-scheduled by visiting this link: bit.ly/36hAYrU.** Make-up lessons must be pre-scheduled in order to stay under the maximum student/instructor ratio of 10:1 for all activities. Makeups must be completed within the session time frame a lesson was missed. (Ex. Missed class on Saturday will makeup class on a Tuesday.) NO prorating is allowed.

STUDENTS AGREE TO:

Behave in a respectful manner to their instructors and other students. And, they agree to comply with all rules and regulations and instructor's orders which may from time to time be promulgated by or on behalf of the Wichita Ice Center (WIC). Students enrolled in class assume all risks. The student and parent agree that the WIC, the City of Wichita, its employees and contractors, are not responsible for injury to the student or for the loss or damage to any personal property.

LEARN TO SKATE USA MEMBERSHIP - MUST HAVE!

Membership is required for all Snowplow Sam, Basic, Adult Beginner and Advanced, Hockey, Pre-Free Skate, Free Skate, Theatre on Ice, and Artistry in Motion skaters.

Membership year is valid July 1, 2022 - June 30, 2023. You must have one to participate in Learn to Skate Classes. Proof of purchase must be sent to the Learn to Skate Director.

Learn to Skate USA memberships are \$16 + \$1.25 service fee per person. Register at learntoskateusa.com/registration/