



S&T Bank Arena Skating Academy



Learn-To-Skate *Figure Skating / Hockey / Recreational*

About Our Program

S&T Bank Arena Skating Academy offers weekly Learn-to-Skate classes to children, teens and adults. Our lessons are designed to teach skating in a way that's progressive, structured, safe and FUN! During our sessions skaters are tested according to Ice Sports Industry standards when they are ready to move up to the next level of achievement. Through our professionally run program, skaters will learn the much needed skating skills that will allow them to progress into our figure skating program or hockey programs. Recreational skaters will also learn to enjoy skating for a lifetime by being a part of our program.

The following is an example of how our classes are set up:

1. All first-time & beginner skaters with us will be placed in Tot 1 or Pre-Alpha level based on their age.
2. A name tag is given to each skater so they know which coach they are to attend with that session. You can locate it on our Learn to Skate table next to our front desk. On the back of it, you will find your coach's name, class time and practice time. Please return your name tag to our learn to skate table before leaving for the day. You will need to wear it each week.
3. Please have your child ready 5 minutes before class starts, so coaches can take attendance and do quick skate checks.
4. Students will be evaluated throughout the sessions.
5. Progress reports are available for parents mid-session to keep them up-to-date on their child's progress.
6. The Skating Director keeps track of skater's progress and will offer options to skaters that may need additional assistance.
7. During the last week of class each student will receive a certificate of participation and a letter that lets parents know which level to sign their skater up for the next session. Skaters who are ready, will test and earn a badge for completion of their level. *** Please note that improvement varies by skater and not all skaters will be ready to test on the last week.**

Our Mission Statement: At S&T Bank Arena, we strive to provide all skaters with a safe learning environment where they will learn proper skating techniques, meet new friends, and feel accomplished and appreciated for their hard work in reaching their skating goals. Our most important goal however, is to make it *FUN* for skaters to learn! We know that through learning to skate with us, they will learn valuable life-lessons that will be taken with them for the rest of their life.

Coaches: *"Our Coaching Staff and Teaching Environment are second to none!"*

We are proud to have a diverse group of Coaches on our staff. All of our coaches have something great to offer our students. Our coaches backgrounds include Professional Figure Skating with Disney On Ice, Regional Competitive Figure Skating, and Recreational Figure Skating. Our volunteer coaches are also very accomplished figure skaters or have Collegiate and Junior Hockey Backgrounds. Our coaches all love to teach and are great with kids!

Benefits of our Learn-To-Skate Program include:

- * Membership with ISI (Ice Sports Industry)
- * Colorful Achievement badges
- * Opportunity to compete in ISI recreational competitions
- * 30 minutes of designated free practice at far end of rink
- * Free punch card pass (good for 8 public skate sessions) (Family and friends may also use pass)
- * Excess accident insurance
- * Free Test Registration
- * Progress reports available mid-session
- * Weekly evaluations
- * Free skate rental for class & public sessions
- * Participation in ice shows/exhibitions

Fall/Winter 2017-2018 Schedule

8 Week Sessions - Fee: \$110

NEW SESSIONS STARTING EVERY 4 WEEKS!!!

***NO CLASSES ON THESE DATES:** Nov. 21, Nov. 25, Feb. 17
Tuesdays from 5:30pm-6:30pm or Saturdays from 12pm-1pm

Session 1: Tues. Aug 29 - Oct 17

Session 2: Sat. Sept 23 - Nov 11

Session 3: Tues. Oct 24 - Dec 19

Session 4: Sat. Nov 18 - Jan 13

Session 5: Tues. Jan 2 - Feb 20

Session 6: Sat. Jan 20 - Mar 17

Session 7: Tues. Feb 27th - Apr 3rd ***(6 Classes)**

***** PLEASE SEE CLASS DESCRIPTIONS ON BACK TO DETERMINE YOUR CLASS LEVEL BEFORE SIGNING UP!!!!** ————— >

Class Descriptions

TOTS 1-4 (Ages 4-5)

** **PLEASE NOTE:** Effective as of 9/1/17 All tots must be age 4 by the start date of class. If you have a 3 year old looking to try skating out, we now offer a FREE Mommy and Me skating class held on selective dates. Please speak with Beth Addis for further info on times and dates. Thanks!*

Very young children require special classes with instruction that are given in a fun atmosphere, rather than formal. Our beginning skater program is designed for young children ages 4-5. Songs and games keep them occupied while they master their skills at this first level. Helmets are **STRONGLY RECOMMENDED**. A bike or hockey helmet is perfect. We have free rental helmets available for those without one at our rental skate booth.

Tot 1 - For all first time skaters. Tots will learn how to fall & stand up (both off ice and then on ice), marching in standing position & marching while moving.

Tot 2 - Skaters learn beginning gliding, 2 foot jumps, beginning swizzles

Tot 3 - Push and Glide Stroking, Preparation for Snow Plow Stop, Dips, Forward Swizzles

Tot 4 - T-Positions and push, Backward Swizzles, 2 Foot or 1 Foot Snowplow Stops, Backward Wiggles

Pre-Alpha - Beta (Ages 6-Adult)

These 3 levels are for skaters of all ages. The step-by-step progression of skills makes skaters learn in a fun and rewarding environment. Once they see how fast they can master these basics, they can move on to more advanced levels of achievement, such as higher levels of Figure Skating or Hockey! *Helmets are **STRONGLY RECOMMENDED** for Pre-Alpha skaters.

Pre-Alpha - Pre-Alpha is for all first time skaters. This class teaches the basic skills for ice skating. Skaters learn 2 foot gliding, tea pot dips, forward swizzles, one-foot glides, backward wiggles, backward swizzles and the basic snow-plow stop is introduced.

Alpha - After completing the Pre-Alpha class, the skater progresses to the Alpha level. The purpose of this level is to develop forward skating skills. Skaters learn proper stroking techniques, forward cross-overs and will master snow plow stops.

Beta - This level includes skills for backward skating and backward cross-overs. Skaters learn proper technique and positions for backward stroking and begin to develop backward cross-over. The T-stop is also taught at this level.

*** Special Note:** Gamma/Delta classes are part of our New Intro to Figure Skating Program held on Wednesday evenings. These two levels will teach aspiring figure skaters how to gracefully turn forwards and backwards, teach edge work and will prepare them for Freestyle levels 1 and 2.

**Please feel free to contact our Skating Director, Beth Addis for any of your concerns or questions regarding our program. Phone: 724-422-3217 Email: stbankarenaskatingacademy@yahoo.com*