



541-850-5758 [funontheice@klamathicesports.org](mailto:funontheice@klamathicesports.org) [www.klamathicesports.org](http://www.klamathicesports.org)

## Group Figure Skating Lessons

We are proud members of **US Figure Skating** and participate in the **Learn to Skate USA program**. The mission of the Learn to Skate USA is to provide a fun and positive experience that will instill a lifelong love of skating.

The objectives are:

- Teach 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.

Our Group Lesson classes are held on Saturdays. Each session consists of seven 25 minute lessons and includes rental skates. We offer both fall and winter sessions.

### **Adult Curriculum for Ages 16 and Older – Beginner to Advanced**

The Adult curriculum is designed for both beginning and experienced adult skaters who wish to improve their skating skills. Participating in this 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. Adult skaters will progress at an individual rate while being challenged and motivated.

### **Basic Skills 1 - 6 for Ages Six through 15 - FUNDamentals**

Basic Skills teaches the FUNDamentals of ice skating and provides the best foundation for figure skating, hockey, and speed skating for ages six through fifteen. Six progressive levels of the program introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of **Basic Skills 1 - 6**, 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.

### **Pre-Free Skate (Basic 7 & 8) and Free Skate ("Beyond Basic Eights")**

Each Free Skate level is comprised of a variety of progressive skating skills, transitions, spins, and jumps. The Free Skate levels are designed to give skaters a strong foundation on which to build their skills. These levels will be taught in a positive and interactive group format. This is the point where the skater can choose whether to continue to pursue a recreational approach or a competitive approach to the sport of figure skating.

### **Snowplow Sam for Ages Three through Five – Discover, Learn and Play**

The Snowplow Sam levels are designed to help the preschool-age skater develop the ABC's of movement – agility, balance, coordination, and speed. Snowplow Sam is a big, fuzzy polar bear who loves to skate. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.

# Group Hockey Lessons

Our hockey lesson curriculum is endorsed by [USA Hockey](#).

## Step One - Hockey Learn to Skate for Ages Five through Adult

This curriculum is designed to teach the fundamentals of hockey skating. Proper skating techniques are the primary focus of the levels. All elements will be taught without a puck. Our learning environment is fun and our instructors are encouraging and enthusiastic.

These group lessons are offered on **Tuesday & Thursday evenings** OR on **Saturday mornings**. The Tuesday/Thursday evening lessons consist of 12 classes that are 45 minutes in length. The Saturday lessons consist of 7 classes that are 40 minute in length plus free time to practice in our practice area after class. We offer both a fall and a winter session. Rental skates and helmets are included.

## Step Two - Hockey Learn to Skate and Play for Ages Five through Adult

Now that you can skate it is time to learn to play *the coolest game on earth!*

This curriculum is designed to teach the fundamentals of playing hockey. Skaters will learn how to maneuver faster and be more agile on the ice. Proper skating techniques are the primary focus of the levels. Sticks and pucks will be introduced. Skaters will learn the necessary fundamentals to be successful in game situations. Our learning environment is fun and our instructors are encouraging and enthusiastic.

These group lessons are offered on **Tuesday & Thursday evenings**. The Tuesday/Thursday evening lessons consist of 12 classes that are 45 minutes in length. We offer both a fall and a winter session. Rental skates and equipment is included.

## Step Three - Join our Youth or Adult Hockey League!

For more information on our hockey leagues, please check out our website at [www.klamathicesports.org](http://www.klamathicesports.org) or give us a call at 541-850-5758 or email us at [funontheice@klamathicesports.org](mailto:funontheice@klamathicesports.org).

# Private Lessons for Figure and Hockey Skating

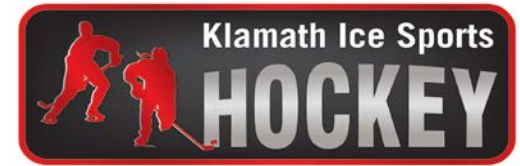
Private lessons can be scheduled during our public sessions and are 25 minutes per lesson. Please book private lesson times in advance so we can best match your needs and exceed your expectations.

All participants will need a signed liability waiver on file; in the event you are scheduling a lesson for a minor child (under 18 years of age), he/she will need a liability waiver signed by his/her parent or legal guardian before stepping on the ice; we would be happy to email you a copy of the waiver so you can review/sign/return.

Helmets are suggested for all ages - bring your own or rent one from us!



**2016/17**  
**Group Lesson Schedule - Winter/Spring**  
 Revised 12/10/16



\$69	\$69	\$75	\$75	\$75	\$75	\$75	\$79
<b>Snowplow Sam 1</b>	<b>Snowplow Sam 2 &amp; 3</b>	<b>Basic 1 &amp; 2</b>	<b>Basic 3</b>	<b>Basic 4</b>	<b>Basic 5 - 6</b>	<b>Basic 7 - 8</b>	<b>Beyond Basic Eights</b>
Saturdays 12:30 p.m. - 12:55 p.m.	Saturdays 12:30 p.m. - 12:55 p.m.	Saturdays (Basic 1) 12:30 p.m. - 12:55 p.m.	Saturdays 12:30 p.m. - 12:55 p.m.			Saturdays 12:30 p.m. - 12:55 p.m.	Saturdays 11:45 a.m. - 12:25 p.m.
Saturdays 1:00 p.m. - 1:25 p.m.	Saturdays 1:00 p.m. - 1:25 p.m.	Saturdays (Basic 1) 1:00 p.m. - 1:25 p.m.			Saturdays 1:00 p.m. - 1:25 p.m.		
Saturdays 1:30 p.m. - 1:55 p.m.	Saturdays 1:30 p.m. - 1:55 p.m.	Saturdays (Basic 2) 1:30 p.m. - 1:55 p.m.		Saturdays 1:30 p.m. - 1:55 p.m.			

\$79
<b>Edges</b>
Saturdays 11:45 a.m. - 12:25 p.m.

\$75	\$75
<b>Adult 1 - 2</b>	<b>Adult 3+</b>
	Saturdays 1:00 p.m. - 1:25 p.m.
Saturdays 1:30 p.m. - 1:55 p.m.	

**Learn How to Play!**  
 Hockey Part One or Hockey Part One  
 \$79

**Learn How to Play!**  
 Hockey Part Two  
 \$99

\$79	\$99	\$99
<b>Learn to Skate Hockey</b>	<b>Learn to Skate Hockey</b>	<b>Learn to Skate/Play Hockey</b>
Saturdays 11:45 a.m. - 12:25 p.m.		
	Tuesdays & Thursdays 5:30 p.m. - 6:15 p.m.	Tuesdays & Thursdays 5:30 p.m. - 6:15 p.m.

Session One Days	Session One Dates
Tuesdays & Thursdays	November 15th, 17th, 22nd, 29th December 1st, 6th, 13th, 15th January 10th, 12th, 17th, 19th

Saturdays	November 12th, 19th, 26th December 3rd, 10th, 17th January 7th
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Session Two Days	Session Two Dates
Tuesdays & Thursdays	January 31st February 2nd, 7th, 9th, 14th, 16th, 21st, 23rd, 28th March 2nd, 7th, 9th

Saturdays	January 21st February 4th, 11th, 25th March 4th, 11th, 18th
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Skaters - Please Save for Your Reference!