



Learn To Skate School

Learn To Skate School classes began enrolling in October, and therefore are not part of the Winter Lottery.

Additionally, many classes may be full. Please call Ridgeland Common at (708) 848-9661 to check availability prior to registration, or visit our website at www.oakparkparks.com and click on "Registration" to check live class enrollment status.



General Learn To Skate School Information

The Park District of Oak Park is pleased to present the 2008-2009 Learn To Skate School. Due to limited class times and maximum enrollment anticipated, there will be no make-up lessons. In order to get the most out of every skating class the staff at Ridgeland Common asks that you follow a few basic guidelines.

- We recommend that you arrive 15 minutes early to lace up skates properly.
- Make sure that young children are escorted to class by a parent or guardian.
- When dressing for lessons, layer clothing to provide warmth without bulk. A hat and gloves or mittens are recommended. Loose fitting pants or Lycra exercise pants are ideal.
- Figure skates ARE REQUIRED for Pre-Alpha level and above. For Tot and Beginner levels, figure skates are HIGHLY RECOMMENDED. The toe pick on figure skates helps the skater with balance and learning how to get up. Good quality figure skates are available to rent for \$2. *Double runners are not permitted.*
- Encourage children to use the washroom before class. Leaving to use the washroom is distracting to both the instructor and other children.
- During lessons, spectators are not allowed in the players' box. All spectators are asked to view classes from the bleachers on the west side of the building.

Class Descriptions

Ridgeland Common's Learn To Skate program follows the course guidelines of the Ice Skating Institute (ISI). Skills listed below the class level are those that the student will be learning. The Skating School will evaluate each student at the end of each session to determine if they are ready for the next level.

Skating School Practice & Private Lessons

Skating practice will be offered to skaters enrolled in the Learn To Skate Program. These are unsupervised sessions where students can sharpen their skills. Schedules can be picked up in the Skate Shop. Private lessons are available for those skaters who need extra help to pass a class or are interested in pursuing skating at a higher level. Please contact Michael Lushniak at (708) 725-2302 for more information.

Refund Policy

Ice skating lessons require a one-week notice for a refund. If you cancel a program a week before the class starts, a refund will be issued minus a \$3 processing fee. Requests for refunds must be made by phone or in person at Ridgeland Common. The Park District reserves the right to consolidate, postpone, or cancel programs with insufficient enrollment. A full refund will be issued in these situations.

ISI Testing Program

Join the skating school staff and show us your skills. Ridgeland Common Skating School will be offering Ice Skating Institute (ISI) testing for any interested skaters. No skater is too young or inexperienced to participate. Participants will become ISI members and receive a patch showing what he or she can do. Registration packets are available at Ridgeland Common.

No Learn To Skate School on the following dates:

**Tu, Dec 23
Tu, Dec 30**

**Th, Dec 25
Th, Jan 1**

Learn to Skate School



Level	Dates	Time	Code	Fee
Parent-Tot	Th, Dec 11 - Feb 26	1:40-2:15pm	#701730-01	\$87/\$112
Parent-Tot	Th, Dec 11 - Feb 26	6:15-6:50pm	#701730-02	\$87/\$112
Parent-Tot	Sa, Jan 3 - Feb 21	1:20-1:55pm	#701730-03	\$70/\$90
Parent-Tot	Sa, Jan 3 - Feb 21	2:50-3:25pm	#701730-04	\$70/\$90
Tot 1	Tu, Dec 9 - Feb 24	3-3:35pm	#701720-03	\$87/\$112
Tot 1	Tu, Dec 9 - Feb 24	3:40-4:15pm	#701720-04	\$87/\$112
Tot 1	Th, Dec 11 - Feb 26	10-10:35am	#701720-05	\$87/\$112
Tot 1	Th, Dec 11 - Feb 26	1-1:35pm	#701720-06	\$87/\$112
Tot 1	Th, Dec 11 - Feb 26	1:40-2:15pm	#701720-02	\$87/\$112
Tot 1	Th, Dec 11 - Feb 26	2:20-2:55pm	#701720-07	\$87/\$112
Tot 1	Th, Dec 11 - Feb 26	3-3:35pm	#701720-08	\$87/\$112
Tot 1	Th, Dec 11 - Feb 26	3:40-4:15pm	#701720-09	\$87/\$112
Tot 1	Th, Dec 11 - Feb 26	5:30-6:05pm	#701720-10	\$87/\$112
Tot 1	Sa, Jan 3 - Feb 21	1:20-1:55pm	#701720-11	\$70/\$90
Tot 1	Sa, Jan 3 - Feb 21	2:10-2:45pm	#701720-12	\$70/\$90
Tot 1	Sa, Jan 3 - Feb 21	2:50-3:25pm	#701720-13	\$70/\$90
Tot 2	Tu, Dec 9 - Feb 24	3-3:35pm	#701721-04	\$87/\$112
Tot 2	Tu, Dec 9 - Feb 24	3:40-4:15pm	#701721-11	\$87/\$112
Tot 2	Th, Dec 11 - Feb 26	10:40-11:15am	#701721-05	\$87/\$112
Tot 2	Th, Dec 11 - Feb 26	1-1:35pm	#701721-06	\$87/\$112
Tot 2	Th, Dec 11 - Feb 26	2:20-2:55pm	#701721-07	\$87/\$112
Tot 2	Th, Dec 11 - Feb 26	3-3:35pm	#701721-08	\$87/\$112
Tot 2	Th, Dec 11 - Feb 26	3:40-4:15pm	#701721-09	\$87/\$112
Tot 2	Th, Dec 11 - Feb 26	5:30-6:05pm	#701721-10	\$87/\$112
Tot 2	Sa, Jan 3 - Feb 21	1:20-1:55pm	#701721-15	\$70/\$90
Tot 2	Sa, Jan 3 - Feb 21	2:50-3:25pm	#701721-12	\$70/\$90
Tot 3-4 (Intermediate)	Tu, Dec 9 - Feb 24	3-3:35pm	#701722-02	\$87/\$112
Tot 3-4 (Intermediate)	Th, Dec 11 - Feb 26	10:40-11:15am	#701722-03	\$87/\$112
Tot 3-4 (Intermediate)	Th, Dec 11 - Feb 26	1:40-2:15pm	#701722-04	\$87/\$112
Tot 3-4 (Intermediate)	Th, Dec 11 - Feb 26	3:40-4:15pm	#701722-05	\$87/\$112
Tot 3-4 (Intermediate)	Sa, Jan 3 - Feb 21	2:10-2:45	#701722-06	\$70/\$90
Hockey Skating	Tu, Dec 9 - Feb 24	3-3:35pm	#701723-01	\$87/\$112

Parent-Tot

ML

This program is for parents and their toddlers ages 3 ½ to 5. Classes give parents a chance to work with their child and the instructor to reach the skills needed for the Tot program. Exactly one parent with each child.

Tot 1 (Age 3½-5)

ML

Beginner lessons are offered for those who have little or no skating experience. Skills to be learned: proper way to fall down and get up, marching in place and while moving, two foot glide, and two foot jump in place

Tot 2 (Age 3½-5)

ML

Beginner lessons are offered for individuals who have little or no skating experience. Skills to be learned: backward wiggle, forward swizzle, beginning one foot glides, scooter pushes and dip.

Intermediate Tot 3-4 (Ages 3½-5)

ML

Intermediate lessons are offered for individuals who have completed the beginner skating program. Skills to be learned: one foot glides, snowplow stop, stroking with T-position, backward swizzle.

Hockey Skating (Ages 3-5)

ML

Join the “learn to skate” program at the Paul Hruby Ice Arena with this new program. Participants will learn skating basics such as gliding, stopping, jumping, marching, falling, and getting back up all on hockey skates. No previous skating experience is needed.

No Learn To Skate School on the following dates:

Tu, Dec 23
Tu, Dec 30

Th, Dec 25
Th, Jan 1

Learn to Skate Programs and Hockey Programs ARE NOT a part of the Winter Lottery.



Learn to Skate School

Level	Dates	Time	Code	Fee
Beginner	Tu, Dec 9 - Feb 24	3:40-4:15pm	#711740-01	\$87/\$112
Beginner	Tu, Dec 9 - Feb 24	4:40-5:15pm	#711740-02	\$87/\$112
Beginner	Th, Dec 11 - Feb 26	4:40-5:15pm	#711740-09	\$87/\$112
Beginner	Th, Dec 11 - Feb 26	5:30-6:05pm	#711740-03	\$87/\$112
Beginner	Sa, Jan 3 - Feb 21	1:20-1:55pm	#711740-05	\$70/\$90
Beginner	Sa, Jan 3 - Feb 21	2:10-2:45pm	#711740-06	\$70/\$90
Pre-Alpha	Tu, Dec 9 - Feb 24	3:40-4:15pm	#711741-01	\$87/\$112
Pre-Alpha	Tu, Dec 9 - Feb 24	5:30-6:05pm	#711741-06	\$87/\$112
Pre-Alpha	Tu, Dec 9 - Feb 24	4:40-5:15pm	#711741-02	\$87/\$112
Pre-Alpha	Tu, Dec 9 - Feb 24	3:40-4:15pm	#711741-03	\$87/\$112
Pre-Alpha	Th, Dec 11 - Feb 26	4:40-5:15pm	#711741-04	\$87/\$112
Pre-Alpha	Th, Dec 11 - Feb 26	6:15-6:50pm	#711741-05	\$87/\$112
Pre-Alpha	Sa, Jan 3 - Feb 21	1:20-1:55pm	#711741-07	\$70/\$90
Pre-Alpha	Sa, Jan 3 - Feb 21	2:10-2:45pm	#711741-08	\$70/\$90
Pre-Alpha	Sa, Jan 3 - Feb 21	2:50-3:25pm	#711741-09	\$70/\$90
Alpha 1	Tu, Dec 9 - Feb 24	4:40-5:15pm	#711890-02	\$87/\$112
Alpha 1	Tu, Dec 9 - Feb 24	5:30-6:05pm	#711890-09	\$87/\$112
Alpha 1	Th, Dec 11 - Feb 26	3:40-4:15pm	#711890-03	\$87/\$112
Alpha 1	Th, Dec 11 - Feb 26	4:40-5:15pm	#711890-04	\$87/\$112
Alpha 1	Sa, Jan 3 - Feb 21	2:10-2:45pm	#711890-05	\$70/\$90
Alpha 1	Sa, Jan 3 - Feb 21	2:50-3:25pm	#711890-06	\$70/\$90
Alpha 2	Tu, Dec 9 - Feb 24	4:40-5:15pm	#711891-01	\$87/\$112
Alpha 2	Th, Dec 11 - Feb 26	3:40-4:15pm	#711891-02	\$87/\$112
Alpha 2	Sa, Jan 3 - Feb 21	1:20-1:55pm	#711891-03	\$70/\$90
Beta	Tu, Dec 9 - Feb 24	4:40-5:15pm	#711892-02	\$87/\$112
Beta	Tu, Dec 9 - Feb 24	5:30-6:05pm	#711892-04	\$87/\$112
Beta	Th, Dec 11 - Feb 26	4:40-5:15pm	#711892-01	\$87/\$112
Beta	Sa, Jan 3 - Feb 21	3:40-4:15pm	#711892-03	\$70/\$90
Gamma	Tu, Dec 9 - Feb 24	6:45-7:20pm	#711750-03	\$87/\$112
Gamma	Th, Dec 11 - Feb 26	4:40-5:15pm	#711750-01	\$87/\$112
Gamma	Sa, Jan 3 - Feb 21	3:40-4:15pm	#711750-02	\$70/\$90
Delta	Tu, Dec 9 - Feb 24	6:05-6:40pm	#711751-01	\$87/\$112
Delta	Sa, Jan 3 - Feb 21	3:40-4:15pm	#711751-02	\$70/\$90

No Learn To Skate School on the following dates:

Tu, Dec 23
Tu, Dec 30

Th, Dec 25
Th, Jan 1

Beginner (Ages 6-14)

ML

This class is for those children with little or no skating experience. Skills to be learned: proper way to fall down and get up, marching in place and while moving, two foot glides and two foot jump in place.

Pre-Alpha (Ages 6-14)

ML

This class is for those children with some skating experience. Skills to be learned: one foot glides, back wiggle, dip, forward and backward swizzle, and beginning stroking with T-position.

Alpha 1 (Ages 6-HS)

ML

Intermediate lessons are offered for individuals who have completed the beginner skating program. Skills to be learned: forward stroking with t-position, snow-plow stop, forward crossovers.

Alpha 2 (Ages 6-HS)

ML

Intermediate lessons are offered for individuals who have completed the beginner skating program. For skaters who have completed Alpha 1 and have received a passing grade on at least one element. This class is for skaters who need a little more instruction to pass to the next level.

Beta (Ages 6-HS)

ML

Intermediate lessons are offered for individuals who have completed the beginner skating program. Skills to be learned: one foot swizzle push, back stroking, backward pump circles, backward crossovers, T-stops, beginning two foot outside 3 turn.

Gamma (Ages 6-HS)

ML

Advanced lessons are offered for individuals who have completed the intermediate skating program. Skills to be learned: forward outside 3 turns, Mohawks, hockey stop.

Delta (Ages 6-HS)

ML

Advanced lessons are offered for individuals who have completed the intermediate skating program. Skills to be learned: forward inside 3 turn, forward edges, bunny hop, lunge or shoot the duck.

Learn to Skate Programs and Hockey Programs ARE NOT a part of the Winter Lottery.

Learn to Skate School



Freestyle Skating Lessons

Freestyle 1 (Ages 6-HS)

ML

Backward inside and outside edges, forward pivot, two foot spin, waltz jump, half flip, one forward arabesque.
FS1 EXTRA - A Little Extra & Low Power & Moves

Freestyle 2 (Ages 6-HS)

ML

Ballet jump, half toe walley, half lutz, one foot spin, two forward arabesque performed on two different edges, footwork.
FS2 EXTRA - A Little Extra & Low Power & Moves

Freestyle 3 (Ages 6-HS)

ML

Backward pivot, salchow and toe loop jump, forward and backward spirals, change foot spin, footwork.
FS3 EXTRA - A Little Extra & Low Power & Moves

Freestyle 4 (Ages 6-HS)

ML

Flip jump, half loop and loop jumps, sit spin, two backward arabesque, footwork.
FS 4 EXTRA - A Little Extra & Low Power & Moves

Freestyle 5 (Ages 6-HS)

ML

Lutz and axel jumps, camel, camel-sit and back scratch spins, footwork. Begins with 15 minutes of off-ice stretching and techniques.
FS 5 Power & Moves

Freestyle 6-7 (Ages 6-HS)

ML

Split jump, split falling leaf, double salchow combination spin, layback or sit change sit spin, double toe loop or double toe walley jump, walley jump sequence, flying camel, one foot axel to half flip to axel jump sequence. Begins with 15 minutes of off-ice stretching and techniques.

Learn to Skate Programs and Hockey Programs ARE NOT a part of the Winter Lottery.



Level	Dates	Time	Code	Fee
Freestyle 1	Tu, Dec 9 - Feb 24	6:05-6:45pm	#731750-01	\$100/\$120
Freestyle 1	Sa, Jan 3 - Feb 21	4:20-5pm	#731750-02	\$82/\$96
Freestyle 2	Tu, Dec 9 - Feb 24	6:05-6:45pm	#731751-01	\$100/\$120
Freestyle 2	Sa, Jan 3 - Feb 21	4:20-5pm	#731751-02	\$82/\$96
Freestyle 3	Tu, Dec 9 - Feb 24	6:05-6:45pm	#731752-01	\$100/\$120
Freestyle 3	Sa, Jan 3 - Feb 21	4:20-5pm	#731752-02	\$82/\$96
Freestyle 4	Th, Dec 11 - Feb 26	5:10-6:10pm	#731840-01	\$150/\$180
Freestyle 4	Sa, Jan 3 - Feb 21	3:40-4:20pm	#731840-02	\$82/\$96
Freestyle 5	Tu, Dec 9 - Feb 24	6:25-7:25pm	#731841-01	\$150/\$180
Freestyle 5	Sa, Jan 3 - Feb 21	4:20-5pm	#731841-02	\$82/\$96
Freestyle 6-7	Tu, Dec 9 - Feb 24	6:25-7:25pm	#731842-01	\$150/\$180

Registering Online? Sign Up Today!

Online registration closes two days before a class begins. Remember to sign up early to ensure your spot.

No Learn To Skate School on the following dates:

Tu, Dec 23 Th, Dec 25
Tu, Dec 30 Th, Jan 1

42nd Annual ICE SHOW!

Deadline to register is Dec 11



The Park District of Oak Park will host its 42nd Annual Ice Show the weekend of March 20-22, 2009. Don't miss out on your chance to be a star! Each year the participants of our Learn to Skate School are invited to participate. No child is too young or inexperienced - all ages and levels are welcome and encouraged to take part in this fun and exciting event! It's a great opportunity to let your child shine and show off his or her accomplishments.

Registration Deadline for Participation: Dec. 11!

Pick up Ice Show Information Packets at the Ridgeland Common Office!



Learn to Skate School

"Something Extra" for Beta & Freestyle Students

A Little Extra (Freestyle 1-3) *ML*

Having a hard time passing the more difficult skills? Just need a little more practice? If so, this class is for you. Register for this program, in addition to your regular scheduled freestyle class, and get the extra time needed to progress to the next level. This class will offer skaters the opportunity to work with some of the skating school's finest instructors to improve those troublesome skills.

Low Power and Moves (Freestyle 1-5) *ML*

This class will help with your day to day power while working on all edges, three turns, Mohawks, and more. Learn how to control your movement on the ice while still maintaining power.

High Power and Moves (Freestyle 5 & up) *ML*

Learn to control your movement on the ice while still maintaining power. Proper stroking techniques with emphasis on power, stamina and correct moves is the focus of this class. Specialized instruction will emphasize maintaining power and control while being artistic.

NEW! Edges and Extras (Beta-Delta) *ML*

This class is for anyone in Beta through Delta. Come and practice your skills and learn some new ones as well. This class will concentrate on balance and help teach students to be more aware of their body while on the ice.

NEW! Artistry in Motion (Freestyle 4-6/7) *ML*

This class is for anyone from freestyle 4 through freestyle 6/7 or higher. It will be taught by a number of in house instructors and specialty coaches brought in to work on everything from techniques on jumps and spins to choreography and style. This is going to be a very exciting class with low student/teacher ratios. Sign up now and don't miss out!

You must be a registered student in corresponding Beta/Freestyle section (see previous page) to sign up for "Something Extra" classes!

No Learn To Skate School on the following dates:

Tu, Dec 23
Tu, Dec 30

Th, Dec 25
Th, Jan 1

Special Freestyle Sessions - Open to Gamma & Up

Freestyle sessions are open to Gamma and above. Gamma through Freestyle 1 must be accompanied by an instructor. All freestyle sessions can be paid for as a one time fee, by freestyle coupons or unlimited freestyle pass which can be purchased at the rink office. Passes are non-refundable and non-transferable and valid for the present season only, and cannot be replaced if lost or stolen. All skaters are responsible for bringing their pass or coupons to all freestyle sessions or you will be charged the \$8 one time fee.

One time fee: \$8/session
Freestyle Coupon: 15 coupons for \$100

M, 6-8am
Tu & Th, 6-8am
Tu, 7:35-8:35pm (open to skate school participants only)

Schedule is subject to change, please call the office at 848-9661 for updates!

Learn to Skate Programs and Hockey Programs ARE NOT a part of the Winter Lottery.

Level	Time	Dates	Code	Fee
A Little Extra (Freestyle 1-3)	3:40-4:15pm	Sa, Jan 3 - Feb 21	#731900-02	\$96/\$112
Low Power (Freestyle 1-4)	5:30-6:05pm	Tu, Dec 9 - Feb 24	#731860-01	\$75/\$90
Artistry in Motion	6:15-6:55pm	Th, Dec 11 - Feb 26	#731900-05	\$120/\$140
High Power (Freestyle 5 & up)	7-7:30am	W, Dec 10 - Feb 25	#731861-01	\$75/\$90
Edges and Extras (Beta-Delta)	2:50-3:25pm	Sa, Jan 3 - Feb 21	#731900-01	\$96/\$112

Adult (Ages 14 & up) Skating Lessons

Adult Beginner (Ages 14+) *ML*

Skills to be learned: proper way to fall down and get up, one and two foot glide, swizzles, forward and backward stroking, snowplow stop and forward crossover.

Adult Intermediate (Ages 14+) *ML*

Skills to be learned: backward stroking, back crossovers, T-stops, 3 turns, Mohawks, edges, and hockey stops.

Adult Advanced/ Freestyle (Ages 14+) *ML*

Skills to be learned: Jumps, spins, spirals and footwork.

Level	Time	Dates	Code	Fee
All Levels	10-10:35am	Th, Dec 11 - Feb 26	#741770-01	\$87/\$112
All Levels	3-3:35pm	Th, Dec 11 - Feb 26	#741770-02	\$87/\$112
All Levels	4:20-4:55pm	Sa, Jan 3 - Feb 21	#741770-06	\$70/\$90
Beginner/Intermediate	5:30-6:05pm	Th, Dec 11 - Feb 26	#741770-03	\$87/\$112
Beginner/Intermediate	2:10-2:45pm	Sa, Jan 3 - Feb 21	#741770-05	\$70/\$90
Advanced/Freestyle	6:15-6:55pm	Th, Dec 11 - Feb 26	#741770-04	\$100/\$120