

Learn to Skate Academy

45th Annual ICE SHOW!



The Park District of Oak Park will host its 45th Annual Ice Show the weekend of March 16-18, 2012.

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: Friday, Dec. 9 at Noon!

PARENTS, PLEASE NOTE! You must register in-person with your child at Ridgeland Common. Registration will not be accepted without measurements for costumes.

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.

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.

Learn to Skate Academy



Why Choose Our Learn To Skate Academy?

We offer group lessons for ages 3 ½ through adults. These lessons will increase awareness on the ice and follow a logical progression of skill development based on age and abilities. Lessons are offered at the Paul Hruby Ice Arena at Ridgeland Common. These classes will allow social growth through interaction with other students and the instructors, and students will also improve confidence both on and off the ice. Come down to the Ice Arena and have fun skating this winter!

Where to begin?

Participants should successfully pass each level to progress. First time and beginning skaters ages 3 1/2 -5 should begin with Tot 1 (page 17) and first time/beginner skaters ages 6 & up should enroll in Beginner on page 18. Adults ages 14 & up can start with Adult lessons on page 22. Private & semi-private lessons for ages 3 to adult are also available (see page 17).

Have some experience, but don't know what level to sign up for?

If you are unsure what level to enroll your child in, please look at each of the different levels in your child's age group. A participant should be able to successfully do all of the skills of the level listed in order to move to the next level. Private & semi-private lessons for ages 3 to adult are also available (see page 17).

Questions? Contact Jackie Sturtz at (708) 725-2309 or email rehmidgelandprograms@oakparkparks.com.

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.

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.

Learn to Skate Academy

Level	Dates	Time	Code	Fee
Parent-Tot	Tu, Dec 6 - Feb 21	6:10-6:45pm	#701730-07	\$96/\$124
Parent-Tot	Th, Dec 8 - Feb 23	1:40-2:15pm	#701730-01	\$96/\$124
Parent-Tot	Sa, Jan 7 - Feb 25	1:20-1:55pm	#701730-03	\$78/\$99
Parent-Tot	Sa, Jan 7 - Feb 25	2:50-3:25pm	#701730-04	\$78/\$99
Tot 1	Tu, Dec 6 - Feb 21	3-3:35pm	#701720-03	\$96/\$124
Tot 1	Tu, Dec 6 - Feb 21	3:40-4:15pm	#701720-04	\$96/\$124
Tot 1	Tu, Dec 6 - Feb 21	5:30-6:05pm	#701720-10	\$96/\$124
Tot 1	Th, Dec 8 - Feb 23	10-10:35am	#701720-05	\$96/\$124
Tot 1	Th, Dec 8 - Feb 23	1-1:35pm	#701720-06	\$96/\$124
Tot 1	Th, Dec 8 - Feb 23	1:40-2:15pm	#701720-02	\$96/\$124
Tot 1	Th, Dec 8 - Feb 23	2:20-2:55pm	#701720-07	\$96/\$124
Tot 1	Th, Dec 8 - Feb 23	3-3:35pm	#701720-08	\$96/\$124
Tot 1	Th, Dec 8 - Feb 23	3:40-4:15pm	#701720-09	\$96/\$124
Tot 1	Sa, Jan 7 - Feb 25	1:20-1:55pm	#701720-11	\$78/\$99
Tot 1	Sa, Jan 7 - Feb 25	2:10-2:45pm	#701720-12	\$78/\$99
Tot 1	Sa, Jan 7 - Feb 25	2:50-3:25pm	#701720-13	\$78/\$99

Semi-Private Weekend Skating Lessons - Beginners Only (Ages 3 to adult)

The Learn to Skate School will now be offering semi-private lessons during the Sunday public skating session. Sign up and you can bring two others with you to get some basic beginner skating lessons during a public skate. These lessons will last 25 minutes and our qualified Learn to Skate Instructor Staff will teach you skating basics so you can get the most out of your public skate.

Advance registration is recommended. To sign up in advance, please contact Mike Lushniak at 708-725-2302 or mikel@oakparkparks.com. Day-of registration will depend on availability.

Times Available:

Su, 2-2:25pm

Su, 3-3:25pm

Su, 3:30-3:55pm

Cost: \$15 for up to 3 people.

Parent-Tot

ICE

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)

ICE

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



**Registration for Learn to Skate
 classes is not permitted after the
 second class.**

Learn to Skate Academy

Tot 2 (Age 3½-5)

ICE

Beginner lessons are for individuals who have little skating experience and have passed Tot 1 (previous page). Skills to be developed: backward wiggle, forward swizzle, beginning one foot glides, scooter pushes and dip.

Intermediate Tot 3-4 (Ages 3½-5)

ICE

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

Hockey Skating (Ages 3½-5)

ICE

No previous skating experience is needed. Participants will learn skating basics such as gliding, stopping, jumping, marching, falling, and getting back up all on hockey skates.

Beginner (Ages 6-14)

ICE

This class is for those children with little or no skating experience. Skills to be developed: 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)

ICE

This class is for those children with some skating experience who have successfully passed beginner or tot level classes. Skills to be developed: one foot glides, back wiggle, dip, forward and backward swizzle, and beginning stroking with T-position.

Registration for Learn to Skate classes is not permitted after the second class.

Level	Dates	Time	Code	Fee
Tot 2	Tu, Dec 6 - Feb 21	3-3:35pm	#701721-04	\$96/\$124
Tot 2	Tu, Dec 6 - Feb 21	3:40-4:15pm	#701721-11	\$96/\$124
Tot 2	Tu, Dec 6 - Feb 21	5:30-6:05pm	#701721-16	\$96/\$124
Tot 2	Th, Dec 8 - Feb 23	10:40-11:15am	#701721-05	\$96/\$124
Tot 2	Th, Dec 8 - Feb 23	1-1:35pm	#701721-06	\$96/\$124
Tot 2	Th, Dec 8 - Feb 23	2:20-2:55pm	#701721-07	\$96/\$124
Tot 2	Th, Dec 8 - Feb 23	3-3:35pm	#701721-08	\$96/\$124
Tot 2	Th, Dec 8 - Feb 23	3:40-4:15pm	#701721-09	\$96/\$124
Tot 2	Sa, Jan 7 - Feb 25	1:20-1:55pm	#701721-15	\$78/\$99
Tot 2	Sa, Jan 7 - Feb 25	2:50-3:25pm	#701721-12	\$78/\$99
Tot 3-4 (Intermediate)	Tu, Dec 6 - Feb 21	3-3:35pm	#701722-02	\$96/\$124
Tot 3-4 (Intermediate)	Th, Dec 8 - Feb 23	10:40-11:15am	#701722-03	\$96/\$124
Tot 3-4 (Intermediate)	Th, Dec 8 - Feb 23	1:40-2:15pm	#701722-04	\$96/\$124
Tot 3-4 (Intermediate)	Th, Dec 8 - Feb 23	3:40-4:15pm	#701722-05	\$96/\$124
Tot 3-4 (Intermediate)	Sa, Jan 7 - Feb 25	2:10-2:45pm	#701722-06	\$78/\$99
Hockey Skating	Tu, Dec 6 - Feb 21	3-3:35pm	#701723-01	\$96/\$124
Hockey Skating	Th, Dec 8 - Feb 23	1-1:35pm	#701723-02	\$96/\$124
Beginner	Tu, Dec 6 - Feb 21	3:40-4:15pm	#711740-01	\$96/\$124
Beginner	Tu, Dec 6 - Feb 21	4:40-5:15pm	#711740-02	\$96/\$124
Beginner	Tu, Dec 6 - Feb 21	5:30-6:05pm	#711740-13	\$96/\$124
Beginner	W, Dec 7 - Feb 22	5:15-5:50pm	#711740-10	\$96/\$124
Beginner	Th, Dec 8 - Feb 23	4:40-5:15pm	#711740-09	\$96/\$124
Beginner	Sa, Jan 7 - Feb 25	1:20-1:55pm	#711740-05	\$78/\$99
Beginner	Sa, Jan 7 - Feb 25	2:10-2:45pm	#711740-06	\$78/\$99
Pre-Alpha	Tu, Dec 6 - Feb 21	3:40-4:15pm	#711741-01	\$96/\$124
Pre-Alpha	Tu, Dec 6 - Feb 21	4:40-5:15pm	#711741-02	\$96/\$124
Pre-Alpha	Tu, Dec 6 - Feb 21	5:30-6:05pm	#711741-14	\$96/\$124
Pre-Alpha	W, Dec 7 - Feb 22	5:15-5:50pm	#711741-13	\$96/\$124
Pre-Alpha	Th, Dec 8 - Feb 23	3:40-4:15pm	#711741-03	\$96/\$124
Pre-Alpha	Th, Dec 8 - Feb 23	4:40-5:15pm	#711741-04	\$96/\$124
Pre-Alpha	Sa, Jan 7 - Feb 25	1:20-1:55pm	#711741-07	\$78/\$99
Pre-Alpha	Sa, Jan 7 - Feb 25	2:10-2:45pm	#711741-08	\$78/\$99
Pre-Alpha	Sa, Jan 7 - Feb 25	2:50-3:25pm	#711741-09	\$78/\$99

Learn to Skate Academy

Alpha 1 (Ages 6-HS)

ICE

Intermediate lessons are offered for individuals who have completed the Beginner and Pre-Alpha skills. Skills to be developed: forward stroking with t-position, snowplow stop, forward crossovers.

Alpha 2 (Ages 6-HS)

ICE

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)

ICE

For skaters who have completed Alpha skills. Skills to be developed: one foot swizzle push, back stroking, backward pump circles, backward crossovers, T-stops, beginning two foot outside 3 turn

Gamma (Ages 6-HS)

ICE

Advanced - for the skater who has completed Alpha and Beta skills. Skills to be developed: forward outside 3 turns, Mohawks, hockey stop.

Delta (Ages 6-HS)

ICE

Advanced - for the skater who has completed Gamma skills. Skills to be developed: forward inside 3 turn, forward edges, bunny hop, lunge or shoot the duck.

Level	Dates	Time	Code	Fee
Alpha 1	Tu, Dec 6 - Feb 21	4:40-5:15pm	#711890-02	\$96/\$124
Alpha 1	W, Dec 7 - Feb 22	5:15-5:50pm	#711890-10	\$96/\$124
Alpha 1	Th, Dec 8 - Feb 23	3:40-4:15pm	#711890-03	\$96/\$124
Alpha 1	Sa, Jan 7 - Feb 25	2:10-2:45pm	#711890-05	\$78/\$99
Alpha 1	Sa, Jan 7 - Feb 25	2:50-3:25pm	#711890-06	\$78/\$99
Alpha 2	Tu, Dec 6 - Feb 21	4:40-5:15pm	#711891-01	\$96/\$124
Alpha 2	Th, Dec 8 - Feb 23	4:40-5:15pm	#711891-02	\$96/\$124
Alpha 2	Sa, Jan 7 - Feb 25	1:20-1:55pm	#711891-03	\$78/\$99
Beta	Tu, Dec 6 - Feb 21	4:40-5:15pm	#711892-02	\$96/\$124
Beta	W, Dec 7 - Feb 22	5:15-5:50pm	#711892-06	\$96/\$124
Beta	Th, Dec 8 - Feb 23	4:40-5:15pm	#711892-01	\$96/\$124
Beta	Sa, Jan 7 - Feb 25	3:40-4:15pm	#711892-03	\$78/\$99
Gamma	Tu, Dec 6 - Feb 21	6:10-6:45pm	#711750-03	\$96/\$124
Gamma	Th, Dec 8 - Feb 23	4:40-5:15pm	#711750-01	\$96/\$124
Gamma	Sa, Jan 7 - Feb 25	3:40-4:15pm	#711750-02	\$78/\$99
Delta	Tu, Dec 6 - Feb 21	6:10-6:45pm	#711751-01	\$96/\$124
Delta	Sa, Jan 7 - Feb 25	3:40-4:15pm	#711751-02	\$78/\$99

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Learn to Skate Academy

Level	Dates	Time	Code	Fee
Freestyle 1	W, Dec 7 - Feb 22	5:55-6:35pm	#731750-04	\$111/\$133
Freestyle 1	Sa, Jan 7 - Feb 25	4:20-5pm	#731750-02	\$91/\$107
Freestyle 2	W, Dec 7 - Feb 22	5:55-6:35pm	#731751-04	\$111/\$133
Freestyle 2	Sa, Jan 7 - Feb 25	4:20-5pm	#731751-02	\$91/\$107
Freestyle 3	W, Dec 7 - Feb 22	5:55-6:35pm	#731752-04	\$111/\$133
Freestyle 3	Sa, Jan 7 - Feb 25	4:20-5pm	#731752-02	\$91/\$107
Freestyle 4	Tu, Dec 6 - Feb 21	5:50-6:45pm	#731840-01	\$162/\$195
Freestyle 4	Sa, Jan 7 - Feb 25	4:20-5pm	#731840-02	\$133/\$164
Freestyle 5	Tu, Dec 6 - Feb 21	6:25-7:25pm	#731841-01	\$162/\$195
Freestyle 5	Sa, Jan 7 - Feb 25	4:20-5pm	#731841-02	\$133/\$164
Freestyle 6-7	Tu, Dec 6 - Feb 21	6:25-7:25pm	#731842-01	\$162/\$195

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, or by freestyle coupon 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 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

Schedules available online or at Ridgeland Common.

Freestyle Skating Lessons

Freestyle 1 (Ages 6-HS)

ICE

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)

ICE

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)

ICE

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)

ICE

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)

ICE

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)

ICE

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 Academy

You must be a registered student in a corresponding Beta/Freestyle section to sign up for "Something Extra" classes.

Level	Dates	Time	Code	Fee
A Little Extra (Freestyle 1-3)	Sa, Jan 7 - Feb 25	3:40-4:15pm	#731900-02	\$106/\$124
Low Power (Freestyle 1-4)	W, Dec 7 - Feb 22	5:15-5:50pm	#731860-02	\$84/\$101
Artistry in Motion	W, Dec 7 - Feb 22	5:55-6:35pm	#731900-06	\$133/\$155
High Power (Freestyle 5 & up)	W, Dec 7 - Feb 22	7:05-7:35am	#731861-01	\$84/\$101
Edges and Extras (Beta-Delta)	Sa, Jan 7 - Feb 25	2:50-3:25pm	#731900-01	\$106/\$124

A Little Extra (Freestyle 1-3)

ICE

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)

ICE

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)

ICE

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.

Edges and Extras (Beta-Delta)

ICE

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.

Artistry in Motion (Freestyle 4-6/7)

ICE

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!



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Learn to Skate Academy

Adult (14+) Skating Lessons

Adult Beginner

ICE

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

ICE

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

Adult Advanced/ Freestyle

ICE

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

Level	Dates	Time	Code	Fee
All Levels	Th, Dec 8 - Feb 23	10-10:35am	#741770-01	\$96/\$124
All Levels	Th, Dec 8 - Feb 23	3-3:35pm	#741770-02	\$96/\$124
All Levels	Sa, Jan 7 - Feb 25	3:40-4:15pm	#741770-06	\$78/\$99
Beginner/Intermediate	W, Dec 7 - Feb 22	5:55-6:35pm	#741770-03	\$96/\$124
Beginner/Intermediate	Sa, Jan 7 - Feb 25	2:10-2:45pm	#741770-05	\$78/\$99
Advanced/Freestyle	Tu, Dec 6 - Feb 21	6:10-6:50pm	#741770-04	\$111/\$133

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Su, 3-3:25pm

Su, 3:30-3:55pm

Cost: \$15 for up to 3 people.



Join us for the 45th Annual ICE SHOW!

The Park District of Oak Park will host its 45th Annual Ice Show the weekend of March 16-18, 2012. This annual showcase of students in our Learn to Skate programs features beginners through high school, and never fails to entertain! The public is welcome to attend. Get more information, including when tickets go on sale and show times, online at www.oakparkparks.com/iceshow.htm

See photos from last year's Ice Show online at <http://icetheater.dtkindler.com>