

# New Hope Skating School Fall Session 2019



New Hope Skating School classes are based on the Ice Sports Industry's (ISI) Recreational Ice Skating Program for ice skaters 3 years of age and older. Classes are taught by Dawn Landon and her fine staff. Participants will need skates with guards (no double-bladed skates). Rental skates are available for \$3 per visit, or rent skates for all ten classes for \$20. Tots are encouraged to wear helmets. See reverse for class descriptions. Classes are held on the south rink (meet at bottom of stairs). Skaters should be ready to take to the ice at their lesson time. Classes are limited to 12 students per instructor. Early registration is recommended.

**Location:** New Hope Ice Arena, 4949 Louisiana Ave N

## Mondays ~ October 14-December 16

261201-A	Tot 1 (age 3)	6:30-7 p.m.
261201-A1	Tot 2 (ages 4-5)	6:30-7 p.m.
261201-A2	Tot 3 (ages 3-5)	6:30-7 p.m.
261203-A	Alpha	6:30-7 p.m.
261202-A	Pre-Alpha, ages 6-12	7-7:30 p.m.
261211-A	Beginning Hockey Skating Skills, ages 6-12	7-7:30 p.m.
261204-A	Beta	7-7:30 p.m.
261205-A	Gamma	7-7:30 p.m.
261206-A	Delta	7-7:30 p.m.
261207-A	Adults	7:30-8 p.m.
261210-A	Power and Edge	8:30-9 p.m.

**Fee:** \$90 New Hope residents/\$97 Nonresidents

**261209-A** Skate Rental (10 classes)

**Fee:** \$20 per participant

Register with: New Hope Parks and Recreation  
4401 Xylon Ave N  
New Hope, MN 55428



**Online Registration!** [webtrac.nhrecexpress.com](http://webtrac.nhrecexpress.com)

Refunds, program credits and transfers are allowed up to one week prior to the start of the program. In the event of illness or injury, refunds will be given when accompanied by a doctor's written verification. All refunds are subject to a \$5 service fee. Confirmations are not sent. Participants should attend the class, unless informed that it is filled or cancelled. Payment by check authorizes the city to use information from your check to make a one-time electronic fund transfer from your account. Phone registrations accepted with a major credit card. **QUESTIONS?** Call 763-531-5151

## Saturdays ~ October 12-December 14

261201-F	Tot 1 (age 3)	9:30-10 a.m.
261201-F1	Tot 2 (ages 4-5)	9:30-10 a.m.
261201-F2	Tot 3 (ages 3-5)	9:30-10 a.m.
261203-F	Alpha	9:30-10 a.m.
261202-F	Pre-Alpha, Ages 6-12	10-10:30 a.m.
261204-F	Beta	10-10:30 a.m.
261205-F	Gamma	10-10:30 a.m.
261206-F	Delta	10-10:30 a.m.
261207-F	Adults	10:30-11 a.m.

**Fee:** \$90 New Hope residents/\$97 Nonresidents

**261209-F** Skate Rental (10 classes)

**Fee:** \$20 per participant

## Private Lessons

(ISI Membership is required for levels Free Style 1 and up)

**261208-A** Mondays, October 14-December 16  
7:30-8:30 p.m.

**261208-F** Saturdays, October 12-December 14  
10:30-11:30 a.m.

**Fee:** \$165 New Hope residents/\$172 Nonresidents

Skating School - Fall 2019

Participant Name \_\_\_\_\_ Phone (h) \_\_\_\_\_ (c) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Birthdate \_\_\_\_\_ Sex (M or F) \_\_\_\_\_ Parent/Guardian \_\_\_\_\_

Special need? \_\_\_\_\_ Email \_\_\_\_\_

Course \_\_\_\_\_ Dates/Time \_\_\_\_\_ Fee enclosed \$ \_\_\_\_\_

*I, the undersigned parent or guardian, authorize the City of New Hope to disclose to the City's insurer, attorney, staff, coaches, and other personnel involved in this program, the participant's name, address and telephone number for the purpose of program administration. I understand that the records are protected under state and federal privacy regulations and cannot be disclosed without my written consent unless otherwise provided by law. I hereby agree to allow the individual named herein to participate in the aforementioned activity, and further agree to hold the City harmless for any claim resulting from participation in this activity. I further give consent for any photos or videos taken during the program to be used by the City for promotional materials.*

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Am Ex/Discover/MC/Visa # \_\_\_\_\_ Exp Date \_\_\_\_\_ Security Code \_\_\_\_\_

# CLASSES to FIT YOUR NEEDS, SCHEDULE and BUDGET!

**Tots 1 and 2 (Beginner):** For participants who are new to skating.

**Tot 3 (Beginner):** For participants who can get up, march and glide. Students learn the two foot glide, forward and backward swizzles, one foot glide and backward wiggle.

**Pre-Alpha (Beginner):** Students learn the two foot glide, forward and backward swizzles, one foot glide and backward wiggle.

**Beginning Hockey Skating Skills:** Focuses on basic skills including stroking, skating backwards, forward and backward crossovers, turns and edges.

**Alpha:** Passed Tot 3/Pre-Alpha or equivalent. Students learn forward stroking, forward crossovers on right and left, and one foot snowplow stop.

**Beta:** Passed Alpha or equivalent. Students learn backward stroking, backward crossovers and t-stops on right and left.

**Gamma:** Passed Beta or equivalent. Students learn forward outside 3-turn on right and left, Mohawk combination on right and left, and hockey stop.

**Delta:** Passed Gamma or equivalent. Students learn forward inside 3-turn on right and left, forward edges inside and outside, bunny hop, and a choice of Shoot the Duck or Lunge to a one foot glide

**Power and Edge:** For Gamma level and up. Focuses on strength and edge control.

**Adults:** For all levels.



## YOU WILL NEED:

**SKATES WITH GUARDS** You will need your own skates. Rental skates are available at the arena. Always wear guards on your blades when not on the ice. Skate blades stay sharp longer with proper care. **No double-bladed skates!**

**When purchasing skates...**A good, snug fit is important for proper support. Take along thick socks and allow a little extra room for growth.

**FIGURE SKATES:** Leather boots are best. Riedell, SP Teri, and Harlick are some of the better brand names.

**HOCKEY SKATES:** Molded plastic or leather skates are fine. CCM, Bauer, Nike and Riedell are some of the better brand names.

**CLOTHING** We recommend that group class participants wear gloves or mittens and a jacket that will allow free movement. Parents/guardians of younger children should also consider dressing them in snowpants, as they will help to cushion falls and keep them warmer.

**HELMETS for Tots and Beginners** We strongly encourage tots and beginners to wear helmets.

## PARENTS, Please Watch from the Bleachers

Our goal is to give your child guidance in learning skating skills to the best of their ability. This goal is best achieved when we have the child's undivided attention while they are on the ice. In addition, you will have a better view of your child's progressing skills.