



Figure Skating Lessons

Winter 2010 January 4 - March 6 (9 weeks)

37th Annual Glenview Ice Show



This is a great opportunity to have fun, work hard, make new friends and share a feeling of pride. Every skater is a "star of the show" for someone in the audience. Your participation is the reason for its success. We hope that you decide to join the fun!

May 21 - 22 - 23

* * * Upcoming Events * * *

Synchronized Skating Exhibition
Monday, December 28, 2009
7:00 - 9:30 pm

February Freeze
Skating Competition
February 5-6-7, 2010

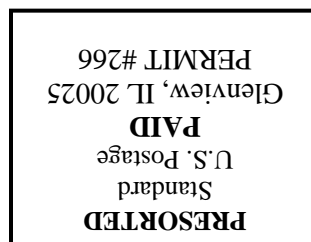


Glenview Ice Center

1851 Landwehr Road, Glenview, IL 60026
847-724-2800 www.glenviewicecenter.org

Be Cool and have your birthday party at the Glenview Ice Center!

Glenview Ice Center
1851 Landwehr Road
Glenview, IL 60026-1241



ADA Policy: In accordance with the American with Disabilities Act, the Ice Center will gladly attempt to provide accommodations for disabled participants. Please contact Dorie in sufficient time to make the appropriate accommodations.

Make-Up Policy: Each participant is allowed 2 make-up classes during the winter session.

Pro-Rating: you may pro-rate (deduct the cost per class) for up to 2 classes for the winter session to accommodate your winter vacation. See registration form for details.
Pro-Rating can ONLY be done at the time you register.

Questions on the Figure Skating program?
Please contact Figure Skating Director, Dorie Cascio
At 847-724-2800 x 2041 or dorie.cascio@glenviewparks.org

Find us at:
glenviewicecenter.org

A facility of the Glenview Park District





Snowplow Sam Program

January 4 - March 6 (9 weeks)

The Snowplow Sam levels are designed to help the preschool age skater develop preliminary coordination and strength to maneuver on the ice. Snowplow Sam is a big, fuzzy, white bear who loves to skate. Time with Snowplow Sam will allow preschool children to become comfortable on the ice.

****Unlimited Low Free Style**
ice time included in the fee
Monday 9-9:30am & 4-4:30pm
Tuesday 4-4:30pm**

Tiny Tots Age 3
ID# DAY/TIME
218020-A M 9:30-10 am
218020-B M 1:15-1:45 pm
FEE: Res \$99, Non-Res \$120

Snowplow Sam 1 Age 4-5
ID# DAY/TIME
218031-A M 9:30-10 am
218031-B M 1:15-1:45 pm
218031-C Tu 4:30-5 pm
218031-D W 5:35-6:05 pm
218031-F Th 4-4:30 pm
218031-G Sa 9:40-10:10 am
FEE: Res \$99, Non-Res \$120

Snowplow Sam 2 Age 4-5
ID# DAY/TIME
218032-A M 9:30-10 am
218032-B M 1:15-1:45 pm
218032-C Tu 4:30-5 pm
218032-D W 5:35-6:05 pm
218032-F Th 4-4:30 pm
218032-G Sa 9:40-10:10 am
FEE: Res \$99, Non-Res \$120

Snowplow Sam 3 Age 4-5
ID# DAY/TIME
218033-A M 10-10:30 am
218033-B M 1:45-2:15 pm
218033-C Tu 4:30-5 pm
218033-E Th 4-4:30 pm
218033-F Sa 9:40-10:10 am
FEE: Res \$99, Non-Res \$120

Snowplow Sam 4 Age 4-5
ID# DAY/TIME
218034-A M 10-10:30 am
218034-B M 1:45-2:15 pm
218034-C Tu 5-5:30 pm
218034-D Sa 8:10-8:55 am
FEE: Res \$99, Non-Res \$120

Me and My Shadow
For beginners and THEIR PARENTS!!
ID# DAY/TIME
218010-A W 5:35-6:05 pm
218010-B Sa 8:55-9:25 am
FEE: Res \$99, Non-Res \$120



Basic Skills Program 1-8

January 4 - March 6 (9 weeks)

The Basic Skills are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves: forward skating, backward skating, stops, edges, crossovers, turns and Mohawks. Upon completion of the Basic 1-8 levels, skaters will have the basic knowledge of the sport enabling them to advance to the more specialized areas of skating.

****Unlimited Low Free Style**
ice time included in the fee
Monday 9-9:30am & 4-4:30pm
Tuesday 4-4:30pm
Thursday 3:30-4pm**

Basic 1 Age 6 and up
Marching, 2-foot glide, backward wiggles, dip, pushers, fwd swizzles
ID# DAY/TIME
218040-A M 4:30-5:15 pm
218040-B Tu 5:45-6:30 pm
218040-C W 6:05-6:50 pm
218040-E F 4-4:45 pm
218040-D Sa 8:55-9:40 am
FEE: Res \$133, Non-Res \$162

Basic 2 Age 6 and up
1-foot glides, forward & backward swizzles, 2 foot turn, snowplow stop
ID# DAY/TIME
218041-F M 4:30-5:15 pm
218041-G Tu 5:45-6:30 pm
218041-H W 6:05-6:50 pm
218041-J F 4-4:45 pm
218041-I Sa 8:55-9:40 am
FEE: Res \$133, Non-Res \$162

Basic 3
Forward stroking, 2 foot spin, bwd pumps and bwd 1 foot glides
ID# DAY/TIME
218042-A Tu 5-5:45 pm
218042-B W 6:50-7:35 pm
218042-D Fr 4:45-5:30 pm
218042-C Sa 8:10-8:55 am
FEE: Res \$133, Non-Res \$162

Basic 4
Forward crossovers, 3 turns, backward stroking, fwd edges on a circle
ID# DAY/TIME
218043-A Tu 5-5:45 pm
218043-B W 6:50-7:35 pm
218043-D Fr 4:45-5:30 pm
218043-C Sa 8:10-8:55 am
FEE: Res \$133, Non-Res \$162

Basic 5
Bwd edges on a circle, bwd crossovers, hockey stop, 1-foot spin
ID# DAY/TIME
218044-A M 6:35-7:20 pm
218044-B Th 4:30-5:15 pm
FEE: Res \$133, Non-Res \$162

Basic 6
Bwd crossovers, backward, t-stops, bunny hop, spiral, lunge
ID# DAY/TIME
218045-A M 6:35-7:20 pm
218045-B Th 4:30-5:15 pm
FEE: Res \$133, Non-Res \$162

Basic 7
Mohawks, ballet jump, pivots, 3turns
ID# DAY/TIME
218046-A M 5:15-6 pm
218046-B Th 5:35-6:20 pm
FEE: Res \$151, Non-Res \$176.25

Basic 8
3-turns, 1 foot spin, waltz jump, all stops, edges
ID# DAY/TIME
218048-A M 5:15-6 pm
218048-B Th 5:35-6:20 pm
FEE: Res \$151, Non-Res \$176.25

Low Freestyles

for skaters in Snowplow Sam 1 through Basic 8 classes to practice their skills on their own:

Mondays - 9-9:30 am & 4 -4:30 pm
Tuesdays - 4-4:30 pm
Thursday - 4:30 - 5 pm

(unsupervised)
\$2.50 skate rental



Free Skate Curriculum

January 4 - March 6 (9 weeks)

Each Free skate level is divided into four sections: *Moves in the Field, spins, dance/footwork sequence & jumps*. The Free skate levels are designed to give skaters a strong foundation on which to build up their skills. This is the point where the skater can choose whether to pursue a recreational or competitive approach to the sport of figure skating.

****Unlimited Free Style**
ice time included in the fee
Mon thru Fri 8:00-8:30am
Mon-Wed-Fri 2:40-3:10pm**

Free Skate 1
ID# DAY/TIME
218051-A M 4:50-5:35 pm
218051-B Tu 6:30-7:15 pm
FEE: Res \$151, Non-Res \$176.25

Free Skate 2
ID# DAY/TIME
218052-A M 4:50-5:35 pm
218052-B W 4:20-5:05 pm
FEE: Res \$151, Non-Res \$176.25

Free Skate 3
ID# DAY/TIME
218053-A M 4:50-5:35 pm
218053-B W 4:20-5:05 pm
FEE: Res \$151, Non-Res \$176.25

Free Skate 4
ID# DAY/TIME
218054-A M 5:55-6:40 pm
218054-B W 4:20-5:05 pm
FEE: Res \$151, Non-Res \$176.25

Free Skate 5
ID# DAY/TIME
218055-A M 5:55-6:40 pm
218055-B W 4:20-5:05 pm
FEE: Res \$151, Non-Res \$176.25

Advanced Free Skate
ID# DAY/TIME
218056-A M 5:55-6:40 pm
FEE: Res \$151, Non-Res \$176.25

You can rent skates before each class for \$2.50 or buy a 10-time class skate rental card for \$22.50

Specialty Classes

January 4 - March 6 (9 weeks)

Jump and Spin
Skaters in Basic 5-8
ID# DAY/TIME
218122-A M 6-6:30 pm
FEE: Res \$88.75, Non-Res \$111

Bronze Power
Skaters in Basic 3-8
ID# DAY/TIME
218111-A Th 5:15-5:35 pm
FEE: Res \$59.50, Non-Res \$74.25

Silver Power
Skaters in Free Skate 1-3
ID# DAY/TIME
218112-A M 5:35-5:55 pm
FEE: Res \$59.50, Non-Res \$74.25

Gold Power
Skaters in Free Skate 4 & up
ID# DAY/TIME
218113-A M 6:40-7 pm
FEE: Res \$59.50, Non-Res \$74.25



Dance Curriculum

January 4 - March 6 (9 weeks)

This class will focus on improving the skaters' dance and performing skills. Skaters learn a group routine which incorporates various dance combinations along with their skating skills. Both the Winter and Spring sessions are required as this routine will be performed at the annual ice show. (May 21-22-23)

On-Ice Dance
Skaters in Basic 6 & up
ID# DAY/TIME
218061-A Th 6:40-7:25 pm
FEE: Res \$125, Non-Res \$156

On-Ice Dance
Skaters in Free Skate 4 & up. Instructor approval required
ID# DAY/TIME
218061-B Th 7:25-8:10 pm
FEE: Res \$125, Non-Res \$156



Adult Curriculum

January 4 - March 6 (9 weeks)

The Adult curriculum is designed for the beginner adult skater. It will promote physical fitness and improve balance and coordination while learning proper skating techniques. This is an exciting new program for people who look to skating as an enjoyable way for a fit and healthy lifestyle.

****Unlimited Free Style**
ice included in the fee
Mon thru Fri 8-8:30am
Mon-Wed-Fri 2:40-3:10pm**

Adult 1
ID# DAY/TIME
218091-A M 7:20-8:05 pm
FEE: Res \$138.75, Non-Res \$169

Adult 2
ID# DAY/TIME
218092-A M 7:20-8:05 pm
FEE: Res \$138.75, Non-Res \$169

Registration Form can be found at the front desk

OR

*online at
www.glenviewicecenter.or*

Practice Opportunities

Public Sessions every day of the week - pick up a schedule at the office.

Freestyle Sessions every day of the week (except Sunday) See Kathy for more information.



