

Spring 2010 Learn-to-Skate Program

Sign Up NOW for Classes Beginning February 16th



8435 W. Ballard
Niles, IL 60714
(847) 297-8010

Tot & Beginner Classes

for Ages 4 - 15

Classes: Tot 1-4 & Pre-Alpha 1 & 2

Offered: Tuesdays 4:10 - 4:40 p.m.
Thursdays 5:35 - 6:05 p.m.
(Tot 1 only) Thursdays 6:15 - 6:45 p.m.
(Tot 1 only) Saturdays 10:45 - 11:15 a.m.
Saturdays 11:25 - 11:55 a.m.

Your little skater will be taught the very basics up to and including forward crossovers .

Requirements & Necessities include:

- Biking Helmet, recommended
- Gloves or Mittens
- Warm Comfortable Clothing

Pre-requisites include:

- Tot 1 & Pre-Alpha 1 NONE.
- Successful completion of the previous level for others.

Beginner Hockey Classes

for Ages 4 & up!

Classes: Intro to Rookie Rangers, 2 weeks
Rookie Rangers, 8 weeks

Offered: Saturdays 1:30 - 2:00 p.m.
Sundays 1:00 - 1:30 p.m.
1:45 - 2:15 p.m.

Skaters are taught the basics of Hockey: skating, stopping, turns, edges, and backward skating. Puck are introduced in every class to give the player a taste of playing a game.

- ALL Basic equipment provided FREE, including skates, helmet and stick.
- Intro class **ONLY \$10 for two weeks.**
- Enrollment is limited, players with their own equipment guaranteed to get into class.

Adult Learn-to-Skate

For ages 16 and Up

Offered: Tuesdays 4:45 - 5:30 p.m.
Saturdays 9:45 --10:30 a.m.

- This class focuses on all ability levels from beginner to intermediate.

Intermediate Learn-to-Skate

for Ages 7 & up!

Classes: Alpha, Beta, Gamma, Delta
and Alpha-Delta Power

Offered: Tuesdays 4:45 - 5:30 p.m.
Thursdays 6:10 - 6:55 p.m.
Saturdays 10:35 - 11:20 a.m.
Alpha-Delta Power Saturdays 10:00 - 10:30 a.m.

Skaters are taught forward crossovers, backward crossovers, edges & turns.

Requirements & Necessities include:

- Gloves or Mittens
- Warm Comfortable Clothing

Pre-requisites include:

- Successful completion of Tot 4 or Pre-Alpha 2 for Alpha.
- Successful completion of the previous level for Beta, Gamma & Delta.

New Class Moms & Tots

For ages 3-5

Offered: Tuesdays & Wednesdays 10:00-11:00 am

- This class allows moms or dads to be on the ice with their child. 30 minutes of instruction followed by 30 minutes of practice ice.

Public Skating

Fee for public skate is \$5.00 per person.

Skate rental is \$3.00 per pair.

Mon.-Fri.	10-11:45 am
Thurs.	4:10-5:25 pm
Fri.	8:15-9:45 pm
Sat.	12:05-1:20pm
Sun.	2:30-4:00 pm

All Times are Subject to Change