

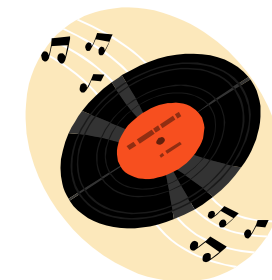


Figure Skating Lessons

Spring 2010

March 8 - May 15 (9 weeks)

Spring Break March 29 - April 3 - *No Classes Will Be Held*



37th Annual Glenview Ice Show

"Rockin' With The Pop Stars"

May 21 - 7pm
May 22 - 2pm & 7pm
May 23 - 2pm

Enjoy Glenview Ice Center skaters "rock on the ice" with music from the Rat Pack, Beatles, Rolling Stones, Michael Jackson, Madonna, Britney, Miley Cyrus (Hannah Montana), Jonas Bros, Black Eyed Peas and more...

Tickets: \$7.50 per person

Tickets go on sale to the general public starting April 7



Form a Line for introduction to Synchronized Skating coached by Kristy Lohre and Maria Scianna coaches of the 2009 National ISI Champions!

Looking for a cool way to spend the summer? Check out Camp Ice Cool where you can improve your skating skills meet new friends, take part in fun camp activities and "chill with your friends".



PRESORTED
Standard
U.S. Postage
PAID
Glenview, IL 20025
PERMIT #266

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 the Skating Director in sufficient time to make the appropriate accommodations.

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

Pro-Rating: you may pro-rate (deduct the cost per class) for up to 2 classes for the spring session to accommodate your spring 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



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!



Snowplow Sam Program

March 8 - May 15 (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
Thursday 3:30-4pm**

Tiny Tots Age 3
ID# DAY/TIME
318020-A M 9:30-10 am
318020-B M 1:15-1:45 pm
FEE: Res \$99, Non-Res \$120

Snowplow Sam 1 Age 4-5
ID# DAY/TIME
318031-A M 9:30-10 am
318031-B M 1:15-1:45 pm
318031-C Tu 4:30-5 pm
318031-D W 5:35-6:05 pm
318031-F Th 4-4:30 pm
318031-G Sa 9:40-10:10 am
FEE: Res \$99, Non-Res \$120

Snowplow Sam 2 Age 4-5
ID# DAY/TIME
318032-A M 9:30-10 am
318032-B M 1:15-1:45 pm
318032-C Tu 4:30-5 pm
318032-D W 5:35-6:05 pm
318032-F Th 4-4:30 pm
318032-G Sa 9:40-10:10 am
FEE: Res \$99, Non-Res \$120

Snowplow Sam 3 Age 4-5
ID# DAY/TIME
318033-A M 10-10:30 am
318033-B M 1:45-2:15 pm
318033-C Tu 4:30-5 pm
318033-E Th 4-4:30 pm
318033-F Sa 9:40-10:10 am
FEE: Res \$99, Non-Res \$120

Snowplow Sam 4 Age 4-5
ID# DAY/TIME
318034-A M 10-10:30 am
318034-B M 1:45-2:15 pm
318034-C Tu 5-5:30 pm
318034-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
318010-A W 5:35-6:05 pm
318010-B Sa 8:55-9:25 am
FEE: Res \$99, Non-Res \$120



Basic Skills Program 1-8

March 8 - May 15 (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
318040-A M 4:30-5:15 pm
318040-B Tu 5:45-6:30 pm
318040-C W 6:05-6:50 pm
318040-E F 4-4:45 pm
318040-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
318041-F M 4:30-5:15 pm
318041-G Tu 5:45-6:30 pm
318041-H W 6:05-6:50 pm
318041-J F 4-4:45 pm
318041-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
318042-A Tu 5-5:45 pm
318042-B W 6:50-7:35 pm
318042-D Fr 4:45-5:30 pm
318042-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
318043-A Tu 5-5:45 pm
318043-B W 6:50-7:35 pm
318043-D Fr 4:45-5:30 pm
318043-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
318044-A M 6:35-7:20 pm
318044-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
318045-A M 6:35-7:20 pm
318045-B Th 4:30-5:15 pm
FEE: Res \$133, Non-Res \$162

Basic 7
Mohawks, ballet jump, pivots, 3turns
ID# DAY/TIME
318046-A M 5:15-6 pm
318046-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
318048-A M 5:15-6 pm
318048-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 - 3:30 - 4 pm

(unsupervised)
\$2.50 skate rental



Free Skate Curriculum

March 8 - May 15 (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
318051-A M 4:50-5:35 pm
318051-B Tu 6:30-7:15 pm
FEE: Res \$151, Non-Res \$176.25

Free Skate 2
ID# DAY/TIME
318052-A M 4:50-5:35 pm
318052-B W 4:20-5:05 pm
FEE: Res \$151, Non-Res \$176.25

Free Skate 3
ID# DAY/TIME
318053-A M 4:50-5:35 pm
318053-B W 4:20-5:05 pm
FEE: Res \$151, Non-Res \$176.25

Free Skate 4
ID# DAY/TIME
318054-A M 5:55-6:40 pm
318054-B W 4:20-5:05 pm
FEE: Res \$151, Non-Res \$176.25

Free Skate 5
ID# DAY/TIME
318055-A M 5:55-6:40 pm
318055-B W 4:20-5:05 pm
FEE: Res \$151, Non-Res \$176.25

Advanced Free Skate
ID# DAY/TIME
318056-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

March 8 - May 15 (9 weeks)

Jump and Spin

Skaters in Basic 5-8

ID# DAY/TIME
318122-A M 6-6:30 pm
FEE: Res \$88.75, Non-Res \$111

Bronze Power

Skaters in Basic 3-8

ID# DAY/TIME
318111-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
318112-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
318113-A M 6:40-7 pm
FEE: Res \$59.50, Non-Res \$74.25



Synchronized Skating Class

For Skaters in Basic 4 thru FS 2 who are not currently on a synchronized skating team.

The following elements will be covered: block, circle, intersection, line and wheels.

ID# DAY/TIME
318121-A Th 3/11 - 4/22 6:40-7:25 pm
No class 3/25 & 4/1

Fee: Res \$85 Non-Res \$106.50



On-Ice Dance

- Skaters in Free Skate 4 & up.
- Instructor approval required
- Skaters must be previously enrolled in Winter Session

ID# DAY/TIME
318061-B Th 7:25-8:10 pm
FEE: Res \$125, Non-Res \$156



Adult Curriculum

March 8 - May 15 (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
318091-A M 7:20-8:05 pm
FEE: Res \$138.75, Non-Res \$169

Adult 2

ID# DAY/TIME
318092-A M 7:20-8:05 pm
FEE: Res \$138.75, Non-Res \$169

Registration Forms 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.

