



# Learn to Skate

## A US Figure Skating Basic Skills Program

Compuware Learn to Skate is a beginning ice skating program that is challenging and rewarding—but most of all, fun. Participation in the program will enable beginning skaters of all ages and abilities to learn the fundamentals of ice skating while teaching them the skills necessary to advance to a competitive or recreational figure skating or hockey program.

Learn to Skate classes meet once per week. Each class is grouped by skating level and includes a 25 minute lesson and 25 minutes of supervised practice time. Instructors include Compuware Arena Professionals and players from the Plymouth Whalers hockey team (when available).

### **Classes Offered** *(details on reverse)*

**Snowplow Sam 1-3**

**Basic 1-8**

**Free Skate 1-6**

**Hockey 1-6**

**Adult 1-4**



### **Skate Great! Artistry in Motion**

**Saturdays @ 11-11:30 am** *(details on reverse)*

### **Class Days & Times**

<b>Tuesdays</b>	<b>10:10-11:00 am</b>	<b>1:10-2:00 pm</b>
<b>Wednesdays</b>	<b>5:10-6:00 pm</b>	
<b>Thursdays</b>	<b>10:10-11:00 am</b>	<b>1:10-2:00 pm</b>
<b>Saturdays</b>	<b>*9:45-11:00 am</b>	<i>*9:45-11 am Spring I Session, 10:10-11 am Spring II Session</i>

### **Session Dates & Prices**

<b>Spring I</b>	<b>March 2-May 1</b>	<b>8 weeks*</b>	<b>\$100</b>	<b>*no class 4/6-4/10</b>
<b>Spring II</b>	<b>May 4-June 12</b>	<b>6 weeks</b>	<b>\$75</b>	
<b>Summer</b>	<b>July 13-August 18</b>	<b>6 weeks</b>	<b>\$75</b>	<i>Days/Times TBA</i>

Enrollment in Learn to Skate classes requires a \$10 yearly membership to US Figure Skating (now thru 6/30/10). Registrations are due the Friday before the first class of the session. Late registrations and cancellations made prior to the first class will be charged an additional \$15 administrative fee. Full payment is needed at time of registration to guarantee a spot in a class. Register for more than one class and receive \$10 discount per additional enrollment. We accept cash, check, and all major credit cards.

### **To Register Call (734) 453-6400**

**[www.compuwarearena.com](http://www.compuwarearena.com)**

**For more information contact**

**Skating Director, Jennifer Hancock**

**[jenniferh@plymouthwhalers.com](mailto:jenniferh@plymouthwhalers.com)**



## Learn to Skate Program

### Class Description

#### **Snowplow Sam 1-3**

Ages 3 to 5 are placed in the Tots program. This program is designed to help preschool age children to develop the preliminary coordination and strength necessary to maneuver on skates. The Tots has 3 progressive levels that will help the young skater develop confidence while experiencing success with his or her beginning skating. Once a skater has completed Snowplow Sam 3 they can take Basic 2 or Hockey 1.

#### **Basic 1-8**

Beginning skaters, ages 6 to 14, are introduced to the basic skating techniques in a safe and controlled environment. Each class session and level following Basic 1 is progressive, building upon skills taught in the previous level. When a skater has reached Basic 4 they can also participate in the Skate Great Bridge Program. See details below.

#### **Free Skate 1-6**

Skaters graduating from Basic 8 can take Free Skate 1 class. Free Skate classes will introduce skaters to proper jumping and spinning techniques as well as US Figure Skating Moves in the Field. Each class level is progressive, building upon skills taught in the previous level. **Compuware encourages all Free Skate participants to supplement their group lesson by getting additional practice time, joining the Skate Great Bridge Program or taking private lessons.**

#### **Hockey 1-6**

Beginning skaters, ages 5-14, are introduced to the basic hockey skating techniques. Each class session and level following Hockey 1 is progressive, building upon skills taught in the previous level. Learn to Skate Hockey classes prepare participants for Compuware's Learn to Play program.

#### **Adult 1-4**

Instruction is in recreational skating. Each class session is designed to promote physical fitness, improve balance and coordination while learning proper skating techniques.

# *Artistry in Motion*

### **A Skate Great! Bridge Program**

The Skate Great Bridge Program is designed to teach figure skating skills at a faster pace in a small group lesson environment and to introduce the benefits of club membership and competitive skating. The Bridge Program is available to skaters, male and female, who have passed the Basic 4 level and higher. The full ice surface will be used.

This session's focus will be **Artistry in Motion**. The AIM class is designed to educate skaters on the basic principles and philosophy of choreography and to give them a foundation in basic body alignment, movement and line. Concentration is on music, movement, rhythm, interpretation and skating. Classes will be instructed by professional coach & choreographer, Wendy Anderson and other Compuware Arena Professionals.

#### **The Goals of Artistry in Motion:**

1. Skating movements are to be done at a "performance level" of execution.
2. Emphasis on;
  - Body Line - Achieving full extension and complete use of the entire body in the six "Levels"
  - Head - Define movement by creating different focus points; erect, raised, turn, incline, lower
  - Arms - Incorporated into figure skating choreography, speed and line
  - Legs - Stroking, footwork, edges, line, extension, spirals, and connecting movements



***Artistry in Motion:* Saturdays 11-11:30 am**

**Spring I March 6-May 1 (no class 4/10) 8 weeks \$140\***

The cost for this program includes: 30-minute ice time fee, on-ice instruction and **Skate Great!** full zip fleece warm-up jacket\*. **\*Skaters who already have the jacket or don't wish to order one pay \$115.**

Call (734) 453-6400 to register or for more information please contact Skating Director, Jennifer Hancock - email [jenniferh@plymouthwhalers.com](mailto:jenniferh@plymouthwhalers.com)