

# Ice Skating

## LEARN TO SKATE at the NELSON SPORTS COMPLEX School of Skating Instruction

Our Learn-to-Skate program follows the guidelines as set by the Ice Skating Institute of America. Classes for the beginner through advanced skater are offered. This system provides a yard stick for all skaters and is geared to the interest of the recreational skater. All instructors are qualified professionals trained in I.S.I techniques. For information or questions contact the Ice Arena Office, 847-818-3210. **Arlington Heights residents receive \$5 off the non-resident fee, Palatine residents received \$6 off the non-resident fee and Elk Grove residents receive resident rates for Learn to Skate classes.** **\*\*\*REVISED DATES\*\*\***

Class	Days	Time	Winter 1- 2012 (8 Wk)			Winter 2- 2012 (8 Wk)			Spring- 2012 (4 Wk)		
			Code #	Res.	NR	Code #	Res.	NR	Code #	Res.	NR
Tot & Practice**	M & W	9:15-9:55am	12-6151	\$92	\$102	12-6161	\$92	\$102	13-6111	\$46	\$56
Tot & Practice**	M & W	12:50-1:30pm	12-6152	\$92	\$102	12-6162	\$92	\$102	13-6112	\$46	\$56
Tot & Practice	T & Th	9:15-9:55am	12-6153	\$92	\$102	12-6163	\$92	\$102	13-6113	\$46	\$56
Tot & Practice	T & Th	12:50-1:30pm	12-6154	\$92	\$102	12-6164	\$92	\$102	13-6114	\$46	\$56
Tot	Tue.	4:15-4:45pm	12-6155	\$65	\$75	12-6165	\$65	\$75	13-6115	\$33	\$43
Tot	Fri.	6:25-6:55pm	12-6156	\$65	\$75	12-6166	\$65	\$75	13-6116	\$33	\$43
Tot	Sat.	9:40-10:10am	12-6157	\$65	\$75	12-6167	\$65	\$75	13-6117	\$33	\$43
Tot	Sat.	10:10-10:40am	12-6158	\$65	\$75	12-6168	\$65	\$75	13-6118	\$33	\$43
Tot	Sat.	10:45-11:15am	12-6159	\$65	\$75	12-6169	\$65	\$75	13-6119	\$33	\$43
PreAlpha	Tue.	4:15-5pm	12-6251	\$74	\$84	12-6261	\$74	\$84	13-6211	\$38	\$48
PreAlpha	Tue	5-5:45pm	12-6252	\$74	\$84	12-6262	\$74	\$84	13-6212	\$38	\$48
PreAlpha	Fri.	6:25-7:10pm	12-6253	\$74	\$84	12-6263	\$74	\$84	13-6213	\$38	\$48
PreAlpha	Sat.	9:40-10:25am	12-6254	\$74	\$84	12-6264	\$74	\$84	13-6214	\$38	\$48
PreAlpha	Sat.	10:30-11:15am	12-6255	\$74	\$84	12-6265	\$74	\$84	13-6215	\$38	\$48
Alpha	Tue.	4:15-5pm	12-6351	\$74	\$84	12-6361	\$74	\$84	13-6311	\$38	\$48
Alpha	Tue.	5-5:45pm	12-6352	\$74	\$84	12-6362	\$74	\$84	13-6312	\$38	\$48
Alpha	Fri.	6:25-7:10pm	12-6353	\$74	\$84	12-6363	\$74	\$84	13-6313	\$38	\$48
Alpha	Sat.	9:40-10:25am	12-6354	\$74	\$84	12-6364	\$74	\$84	13-6314	\$38	\$48
Alpha	Sat.	10:30-11:15am	12-6355	\$74	\$84	12-6365	\$74	\$84	13-6315	\$38	\$48
Beta	Tue.	4:15-5pm	12-6451	\$74	\$84	12-6461	\$74	\$84	13-6411	\$38	\$48
Beta	Fri.	6:25-7:10pm	12-6452	\$74	\$84	12-6462	\$74	\$84	13-6412	\$38	\$48
Beta	Sat.	9:40-10:25am	12-6453	\$74	\$84	12-6463	\$74	\$84	13-6413	\$38	\$48
Beta	Sat.	10:30-11:15am	12-6454	\$74	\$84	12-6464	\$74	\$84	13-6414	\$38	\$48
Gamma	Tue.	5-5:45pm	12-6551	\$74	\$84	12-6561	\$74	\$84	13-6511	\$38	\$48
Gamma	Fri.	6:25-7:10pm	12-6552	\$74	\$84	12-6562	\$74	\$84	13-6512	\$38	\$48
Gamma	Sat.	9:40-10:25am	12-6553	\$74	\$84	12-6563	\$74	\$84	13-6513	\$38	\$48
Delta	Tue.	5-5:45pm	12-6651	\$74	\$84	12-6661	\$74	\$84	13-6611	\$38	\$48
Delta	Fri.	5:40-6:25pm	12-6652	\$74	\$84	12-6662	\$74	\$84	13-6612	\$38	\$48
Delta	Sat.	10:30-11:15am	12-6653	\$74	\$84	12-6663	\$74	\$84	13-6613	\$38	\$48
Freestyle 1	Fri.	5:40-6:25pm	12-6751	\$82	\$92	12-6761	\$82	\$92	13-6711	\$42	\$52
Freestyle 1	Sat.	12:15-1pm	12-6752	\$82	\$92	12-6762	\$82	\$92	13-6712	\$42	\$52
Freestyle 2	Fri.	5:40-6:25pm	12-6753	\$82	\$92	12-6763	\$82	\$92	13-6713	\$42	\$52
Freestyle 2	Sat.	12:15-1pm	12-6754	\$82	\$92	12-6764	\$82	\$92	13-6714	\$42	\$52
Freestyle 3	Fri.	5:40-6:25pm	12-6755	\$82	\$92	12-6765	\$82	\$92	13-6715	\$42	\$52
Freestyle 3	Sat.	12:15-1pm	12-6756	\$82	\$92	12-6766	\$82	\$92	13-6716	\$42	\$52
Freestyle 4	Tue.	5-5:45pm	12-6851	\$89	\$99	12-6861	\$89	\$99	13-6811	\$45	\$55
Freestyle 4-wm	Wed.	3:35-4:20pm	12-6852	\$89	\$99	12-6862	\$89	\$99	13-6812	\$45	\$55
Freestyle 4	Sat.	11:25am-12:10pm	12-6853	\$89	\$99	12-6863	\$89	\$99	13-6813	\$45	\$55
Freestyle 5	Tue.	5-5:45pm	12-6854	\$89	\$99	12-6864	\$89	\$99	13-6814	\$45	\$55
Freestyle 5-wm	Wed.	3:35-4:20pm	12-6855	\$89	\$99	12-6865	\$89	\$99	13-6815	\$45	\$55
Freestyle 5	Sat.	11:25am-12:10pm	12-6856	\$89	\$99	12-6866	\$89	\$99	13-6816	\$45	\$55
Freestyle 6 & up	Tue.	5-5:45pm	12-6859	\$89	\$99	12-6869	\$89	\$99	13-6819	\$45	\$55
Freestyle 6 & up-wm	Wed.	3:35-4:20pm	12-6857	\$89	\$99	12-6867	\$89	\$99	13-6817	\$45	\$55
Freestyle 6 & up	Sat.	11:25am-12:10pm	12-6858	\$89	\$99	12-6868	\$89	\$99	13-6818	\$45	\$55
Intro to Power	Fri.	5-5:30pm	12-6951	\$64	\$74	12-6961	\$64	\$74	13-6911	\$32	\$42
Power-Next Step	Fri.	4:30-5pm	12-6952	\$64	\$74	12-6962	\$64	\$74	13-6912	\$32	\$42
Adv. Power-wm	Wed.	4:20-4:50pm	12-6953	\$71	\$81	12-6963	\$71	\$81	13-6913	\$35	\$45
Annie's Edges	Thu.	4-4:30pm	12-6954	\$90	\$100	12-6964	\$90	\$100	13-6914	\$46	\$56
Adults	Wed.	10:10-10:55am	12-6955	\$74	\$84	12-6965	\$74	\$84	13-6915	\$38	\$48
Adults*	Tue.	12:50-1:30pm	12-6956	\$74	\$84	12-6966	\$74	\$84	13-6816	\$38	\$48
Adults*	Thu.	12:50-1:30pm	12-6957	\$74	\$84	12-6967	\$74	\$84	13-6817	\$38	\$48
Adults	Sat.	8:55-9:40am	12-6958	\$74	\$84	12-6968	\$74	\$84	13-6818	\$38	\$48

### Registration for New Students Starts:

Dec 13 for Winter 1

Feb 21 for Winter 2

April 17 for Spring

TO PARTICIPATE IN OUR SPRING ICE SHOW, SKATER MUST REGISTER FOR WINTER 1 & 2 SESSIONS OF LEARN TO SKATE.

\*Sign up for both Tue. & Thu. adult class and get the same price as a twice a week tot class.

\*\*No classes Mon. 1/2, Mon. 5/7 & Mon. 5/28: classes can be made up at any other tot class.

\*\*\* The Nelson Sports Complex will have no classes the weeks of March 26th thru March 31st and again April 24th thru May 7th, 2012.

### Winter 1 Skate Rental Options

Per Day	\$3.00
1 day class	\$16.00
2-day tot class	\$28.00

### Winter 2 Skate Rental Options

Per Day	\$3.00
1 day class	\$16.00
2-day tot class	\$28.00

### Spring Skate Rental Options

Per Day	\$3.00
1 day class	\$8.00
2-day tot class	\$14.00



Help insure a program isn't cancelled due to low enrollment! Don't wait till the last minute to register.



# Ice Skating

## United States Figure Skating Association

The United States Figure Skating Association, is the governing body of amateur figure skating clubs in the United States. Tests in moves, freestyle, pair & dance are the measurement of progress in the various branches of the sport.

Competitions on every level are a principal incentive for figure skaters to train, develop and improve their proficiency. By ascending the competition "ladder", competitors registered with the U.S. Figure Skating Association gain entry into international figure skating events among them the World Championships and the Olympic Games.

## Ice Skating Institute

The Ice Skating Institute, I.S.I. is an instructional program that appeals to all ice skating interests and styles for the purpose of encouraging people of all ages to skate more often.

All skaters enrolled in the Learn to Skate program are eligible to become individual members of the Ice Skating Institute.

A cost of \$15 for an I.S.I. membership includes your own national membership and registration number, identification card, one year subscription to Recreational Ice Skating Magazine, a limited accident insurance policy, membership certificate and membership badge.

## ISI Test Registration & Patches

Skaters may receive a patch and have their tests registered with I.S.I. only if they have an I.S.I. membership. Forms for membership are available in the Nelson Sports Complex office.

## Frost Fest Individual Competition

More than two hundred competitive skaters from the Chicago area will gather at West Meadows Ice Arena on Wednesday, December 28, 2011 to compete in our 14th annual Frost Fest competition. Children from the age of three (3) to adults will be competing in solo, compulsories, music interpretation and synchronized skating. Chicago Jazz Synchronized Skating teams will also be doing exhibitions highlighting their competitive programs for the new year. To enter, contact the Nelson Sports Complex office at 847-818-3210. Spectators welcome, admission is free.

## Figure Skating School Presents SUMMER CAMP 2012

June 11 - August 10 (9 weeks)

3 Days/week (M/W/F) 9am-3:30pm

All levels welcome/Tracks for Beginners-Advanced

RMPD Summer Skating Camp is for recreational and competitive skaters alike. Our camp includes an exciting array of specialty classes and activities both on and off the ice. Instructed by experienced national USFS and PSA accredited coaches, this skating curriculum will help skaters to reach their full potential.

### CAMP FEATURES:

Off ice warm up and goal setting  
On ice stroking and power class  
Off ice dance, conditioning and flexibility class  
On ice specialty classes (i.e. Annie's edges, Jump technique, Spin, Style)  
Freestyle practice ice  
Assorted extra activities  
Skaters will be monitored on and off the ice  
Free participation in end of summer exhibition

Specific classes subject to change based on enrollment. Additional practice ice and classes may be purchased from the full summer schedule (available separately). Before or after care is available for campers in need of a longer day. Skaters requiring a five day per week program or for any further information, please contact Leanne Walsh at lwalsh@rmparks.org or 847-818-3210. More information to follow in our summer catalog. Early registration February 13-March 31. Fee R/NR \$699. Price will increase April 1 and May 1.

## Jerry's Pro Shop 847-398-7446

Chicagoland's premier hockey and figure skating store, is located in the West Meadows Ice Arena.

## Public Skate - Reasonably Priced!

We offer public skating at both the Nelson Sports Complex Ice Arena and West Meadows Ice Arena.

Public Skate is a great family outing opportunity.

- Pay a daily fee *or*
- Purchase a yearly pass; it pays for itself in no time!

## Public Skate Daily Fees

	Fee R/NR
Daily Fee	\$5/\$7
Skate Rental	\$3/\$3

\*Rolling Meadows I.D. required for Resident rate.

## Season Pass Fees Passes valid 9/1/11 - 8/31/12

Individual	\$50/\$90
Family (4)	\$85/\$140
Add'l Mem.	\$8/\$12

## Public Skate Schedule

### Nelson Sports Complex

3900 Owl Drive, RM, 847-818-3210

Friday 7:30-9pm

Saturday 1:30-3pm

Sunday 2:30-4pm

### West Meadows

3939 Winnetka Ave., RM, 847-398-2700

Monday-Friday 11:35am-1pm

## Public Skate Monthly Themed Dates!

Check out our ice arena page on our website [rmparks.org](http://rmparks.org) to see our monthly themes.

## Skate With Santa (12/19-12/23)

Come skate with Santa during public skate and get your picture taken on the zamboni! All "Skate With Santa" public skates will be at Nelson Sports Complex Monday-Thursday, 12/19-12/22, 12-2pm

Friday, 12/23, 7-9pm

## Attention Parents/Guardians

Listed below are several safety guidelines the Park District encourages parents/guardians to follow when dropping their child(ren) off at a park district program.

- Please escort children to and from the building, pool, field etc.
- Please take child directly into class or activity area.
- Please try to stay with child until the instructor arrives/begins the class.
- On occasion an instructor may encounter an emergency or an unexpected situation which causes them to be late or miss a class. If this occurs, the instructor notifies the program supervisor as soon as possible and the supervisor addresses the situation as quickly as possible.

## Chicago Jazz

### Synchronized Skating

Rolling Meadows Park District ice arenas are the home rinks for the Chicago Jazz Synchronized Skating Teams. There are seven teams representing the Chicago Jazz. Two teams, the Mousettes and the Shooting Stars, skate in the Ice Skating Institute (ISI) competitions and the other five represent the Chicago Figure Skating Club in U.S. Figure Skating competitions. We are proud to announce that our teams had a wonderfully successful season. At the 2011 U.S. Nationals, the Jazz won the Silver Medal in the juvenile division and the Pewter Medal in the Junior division. Congratulations to all of the Chicago Jazz skaters on another spectacular season! For more information about Chicago Jazz or becoming a member, contact Mike Nardella at 847-541-5772.



# Ice Skating

42nd Annual Spring Ice Show

## “Meadows Film Festival”

May 4, 5, 6, 2012

Local skating stars and Chicago Jazz Synchronized Skating teams will dazzle you with inspired performances at our Annual Spring Ice Show. Skaters who wish to participate in the Spring Ice Show must purchase the prescribed costume, attend group practices and participate in both Winter 1 & Winter 2 skating sessions.

All costumes will ONLY be ordered January 3 through January 14.

### Skating School

With over 40 years of credible experience beneath our blades, our professional staff of coaches can expertly guide you through a complete skating program. Our coaches will provide you with encouragement and build confidence as you begin your first classes. As you progress, we will teach you the technical intricacies of jumping and spinning. Our mission is: **“To provide a thorough skating education in a relaxed, friendly atmosphere.”** We’re anxious to share our skating talent and enthusiasm with you and your family.

New sessions begin 6 times throughout the year: Fall 1 - September, Fall 2 - October, Winter 1 - January, Winter 2 - February, Spring - May and Summer - June.

Our programs follow guidelines set by the Ice Skating Institute to provide classes for beginner through advanced skaters. This system provides a yardstick for all skaters and is geared to the interest of the recreational skater. Once a skater learns the basic skills, he or she may choose to master specific skills in figure skating, competition, hockey or continue to enjoy recreational skating.

For those students interested in taking their talents to the next level or just getting some extra help, private lessons can be arranged by selecting and contacting a coach, then agreeing on a mutually convenient and available ice time. For your convenience, you can pick up a staff information flyer at the Nelson Sports Complex Ice Arena office. Coaches’ fees vary and are payable directly to the coach; ice fees are paid to the Rolling Meadows Park District. You may contact coaches through the ice arena office 847-818-3210.

In addition to the full schedule of group classes, the Ice Arena also provides daily freestyle ice sessions for practice and private lessons. This is the time when skaters can work individually on their jumps, spins and other maneuvers, rehearse competitive programs or work with their private coaches. These sessions typically begin at 5:40am each weekday, ending most days at 4pm. These ice slots may be contracted at the beginning of a skating season for a reduced rate, or may be paid for on a walk-on basis if space is available.



### Beginners Want To Know...

The Ice Arena may be a cool 50°, so dress appropriately including gloves, hat/helmet, long pants (preferably not jeans) and long sleeves. Students can rent skates from the ice arena. For skate sizes, use the same size as your shoe in whole sizes. *To tie your skates, loosen all laces, pull out tongue, step into skate, push heel down and then tie skates tightly.*



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### Learn To Skate Class Requirements

**TOT - BEGINNER 3 - 5 YEARS.**

**PRE ALPHA - BEGINNER 6 Years & UP** - Prerequisite: No previous skating experience. Skills: Forward stroking, one foot glide (right & left), snow plow stop, forward swizzles, dip, backward wiggles, forward pumps.

**ALPHA** - Prerequisite: Passed Pre alpha. Skills: One foot glide (right & left), forward stroking, snow plow stop, backward swizzles, forward crossovers (right & left), back pumps (right & left).

**BETA** - Prerequisite: Passed Alpha. Skills: Backward stroking, T-stop (right & left), backward swizzles, backward crossovers (right & left), 2 foot turns.

**GAMMA** - Prerequisite: Passed Beta. Skills: Hockey stop, outside three turn (right & left), Mohawk sequence (right & left), 2 foot edges.

**DELTA** - Prerequisite: Passed Gamma. Skills: Inside three turn (right & left), back three turn (rights & left), bunny hop, lunge, forward edges (outside & inside), back edges (right & left).

**FREESTYLE I** - Prerequisite: Passed Delta. Skills: Two foot spin, forward inside pivot, one half flip, waltz jump, forward spiral, back outside edges, back inside edges, full rotation jump, back double three (right & left).

**FREESTYLE II** - Prerequisite: Passed Freestyle I. Skills: One foot spin, one-half toe walley, ballet jump, spiral (right & left), half lutz, bell waltz jump, waltz jump back three, dance step.

**FREESTYLE III** - Prerequisite: Passed Freestyle II. Skills: Change foot spin, toe loop/toe walley, salchow jump, backward spiral, back inside pivot, back outside pivot, axel once around, dance step.

**FREESTYLE IV** - Prerequisite: Passed Freestyle III. Skills: Sit spin, flip jump, loop jump, backward spiral (right & left), one-half loop jump, axel once around, dance step.

**FREESTYLE V** - Prerequisite: Passed Freestyle IV. Skills: Camel spin, spin combination, back scratch spin, lutz jump, axel jump, loop-loop combination jump, flip-loop combination jump, dance step.

**FREESTYLE VI & UP** - Prerequisite: Passed Freestyle V. Skills: Double jumps & combination spins

**TEEN BEGINNER** - Ages 12-17-Pre-requisite: No previous skating experience. Bring your friends and learn to skate in a more mature environment.

**ADULTS** - Prerequisite: No previous skating experience. Adults, beginner to advanced, learn at their own pace.

**POWER CLASSES** - All Ages-Besides learning skills like jumps and spins, skaters need to develop power, quickness and speed at increasing amounts with each graduation in level. This class focuses on that element of developing the skater.

**Introduction to Power (Delta-FS2 Subject to Instructor Approval)**

**Power-The Next Step (FS3-5 Subject to Instructor Approval)**

**Advanced Power (Skating Director Approval Only)**

### Skating School Policies

You will be tested & given a progress report during the 2 weeks before the end of the session. Make-ups are only allowed if classes are not full. You must go to the office and get a permission slip to give to the teacher at the make-up class. Pro-rated refund requests are accepted at the arena office only until the end of the 3rd week of the session. You can enroll in more than one class. Attending extra classes, private lessons or public skating sessions will help you advance more quickly. Our professional coaches also teach private lessons if you want extra help. Contact our Skating School Director, Leanne Walsh, at 847-818-3210.