



Niles Park District 847-297-8010

IceLand's Skate School Update 4th Edition




Dates to Remember...

- Fall class testing begins week of 10/25. 
- *Happy Halloween! Wear your costume this week!*
- Winter registration begins week of 10/25.
- Scary Skate 10/31, 2:30—4:00pm, \$5/person, \$3/skates. Games, costumes, contests, fun!!
- Winter classes begin week of 11/7.
- *Holiday Recital & Pizza Party Tuesday, 12/21/10, 4:10—6:30pm. All skaters welcome to skate. \$20 to register. Synchro class performs for the first time! Need help with music and/or choreography? Please see the Director!*

Specialty Classes for the Devoted Skater:

Off Ice Conditioning for core strength and stability, balance, explosive power, and flexibility 

 **Intro to Synchro** learn skills toward the development of a synchronized skating team. Take winter class, skate Holiday Recital!

Power & Style to improve edge quality, power, artistry, and presentation while skating to music 

 **Bag 'O Tricks** to learn fun and interesting maneuvers beyond the Learn-to-Skate curriculum

Off Ice Stretching to safely improve full body flexibility using correct technique in a supervised environment 

 **Alpha—Delta Power** begins the development of strength, stamina, and edge quality for the intermediate skater

All New Ballet & Jazz for Skaters Thursdays 5:30—6:30pm dance technique that applies directly to figure skating technique 

Ice Show Info:

"Skate on Down the Yellow Brick Road"

Registration

10/4/10—1/8/11


Eligibility

Enrollment in LTS classes Winter and Spring I

Sweetheart Open Competition:

All levels eligible
Tot—FS10

February 12-13, 2011

Have you considered private lessons? 

There is nothing comparable to one-on-one instruction. Skaters of all levels and abilities will benefit, master skills more quickly, and can even choose to compete. Choosing the right coach is easier than you think.

- Ask your child which class instructor they like
- Watch our coaches giving private lessons
- Fill out a Private Lesson Request Form. You may request a particular instructor, or the Director will help you choose one!

For up-to-date info on Learn-to-Skate classes, specialty classes, private lessons, freestyle, ice show, or camps, please check the bulletin boards located next to the Skate School Office.