



Niles Park District 847-297-8010

# IceLand's Skate School Update 5th Edition



## Dates to Remember...

- Winter class testing begins week of 1/24.
- Spring registration begins 1/29.
- No classes week of 2/7.



- 2/12—2/13 ISI Competition

## *Niles IceLand Sweetheart Open*

*Good luck to all of our Team IceLand competitors!*

*Spectators welcome free of charge!*

- Spring I session begins week of 2/14 through 4/23. All skaters participating in the ice show must register for Spring I
- Spring ice show rehearsals begin week of 3/27. Please check your rehearsal schedule.

## *Synchro Team Clinics and Team Tryouts!!*

Wednesdays, 3/30 and 4/6 5:00—5:40 PreAlpha—Delta

Wednesdays, 3/30 and 4/6 5:40—6:20 FS1 & up

Wednesday 4/13 5:10—6:10 All auditioning Skaters

Cost \$15.00 Skaters must attend both clinic dates to audition.

- Ice show 5/20—5/22

## *"Glide on Down the Yellow Brick Road"*

*Tickets on sale beginning April 11, 2011*

## 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

**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 in a supervised environment

**Alpha—Delta Power:** begins the development of strength, stamina, and edge

**Ballet & Jazz for Skaters:** dance technique that applies directly to figure skating technique

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

## ISI Tests Passed

*March, 2010 thru 1-10-11*

<b>Tot 3</b>	<b>FS1</b>
Kalyn Zwik	Kayla Berkson
<b>PreAlpha</b>	<b>FS2</b>
Audrey Hayes	Olivia Johnson
Nicole Hotca	<b>FS3</b>
Lindsey Toda	Emily Jarzabek
<b>Alpha</b>	Emily Murdach
Selma Causevic	Ania Rostkowski
Gianna Pauly	Kathy Slwinski
Julia Sudie	Alyssa Sarilarp
<b>Beta</b>	<b>Silver Freestyle</b>
Marissa Lynch	Angelina Giuliano
<b>Delta</b>	
Elizabeth Ahne	
Natalie Norton	
Jelena Stankovic	



## *Choosing a*

## *Private Coach*

Whether to master skills to pass to the next level, to perform in recitals and ice show, or to participate in competitions, private lessons benefit every skater. Here's how to get started:

- 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!