

New Hope Skating School Summer 2021

New Hope Skating School classes are based on the Ice Sports Industry's (ISI) Recreational Ice Skating Program for ice skaters 3 years of age and older. Pre-Alpha, Alpha, Beta, Gamma, and Delta are all skill levels of the testing program. Private Lessons are also available. Please see the class descriptions for further details. Classes are taught by Dawn Landon and her fine staff. Participants will need skates with guards. Rental skates available. Tots are encouraged to wear helmets. Classes are held on the south rink (meet at bottom of stairs). For additional information call the New Hope Parks and Recreation Department at 763-531-5151 or the ice arena at 763-531-5181.

Location: New Hope Ice Arena, 4949 Louisiana Avenue North

Group Lessons

Mondays, June 7-August 16 (no class 7/5)

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|---------------------------------------|-------------|
| Course 161201-A: Tot 1, ages 3-5 | 6:30-7 p.m. |
| Course 161201-A1: Tot 2, ages 3-5 | 6:30-7 p.m. |
| Course 161201-A2: Tot 3, ages 3-5 | 6:30-7 p.m. |
| Course 161203-A: Alpha | 6:30-7 p.m. |
| Course 161202-A: Pre-Alpha, ages 6-12 | 7-7:30 p.m. |
| Course 161204-A: Beta | 7-7:30 p.m. |
| Course 161205-A: Gamma | 7-7:30 p.m. |
| Course 161206-A: Delta | 7-7:30 p.m. |
| Course 161207-A: Adults | 7:30-8 p.m. |

Fee: \$100 New Hope residents
\$107 Nonresidents

Course 161209-A Skate Rental (10 classes)

Fee: \$15 per participant



Online Registration! Go to webtrac.nhrecexpress.com.

Private Lessons

Mondays, June 7-August 16 (no class 7/5)

ISI Membership is required for levels Free Style 1 and up.

Course 161208-A: 7:30-9:00 p.m.

Fee: \$234 New Hope residents
\$241 Nonresidents



REGISTRATION

By phone, mail, online or in person:

New Hope Parks and Recreation
4401 Xylon Avenue North
New Hope, MN 55428
763-531-5151

Refunds, program credits and transfers are allowed up to one week prior to the start of the program. In the event of illness or injury, refunds may be given when accompanied by a doctor's written verification. All refunds are subject to a \$5 service fee. Confirmations are not sent. Participants should attend the class, unless informed that it is filled or cancelled. Payment by check authorizes the city to use information from your check to make a one-time electronic fund transfer from your account. Phone registrations accepted with a major credit card. **QUESTIONS?** Call 763-531-5151

2021 Summer Skating School

Participant Name _____ Phone (h) _____ (c) _____

Address _____ City _____ Zip _____

Birthdate _____ Sex (M or F) _____ Parent/Guardian _____

Special need? _____ Email _____

Course _____ Dates/Time _____ Fee enclosed \$ _____

I, the undersigned parent or guardian, authorize the City of New Hope to disclose to the City's insurer, attorney, staff, coaches, and other personnel involved in this program, the participant's name, address and telephone number for the purpose of program administration. I understand that the records are protected under state and federal privacy regulations and cannot be disclosed without my written consent unless otherwise provided by law. I hereby agree to allow the individual named herein to participate in the aforementioned activity, and further agree to hold the City harmless for any claim resulting from participation in this activity. I further give consent for any photos or videos taken during the program to be used by the City for promotional materials.

Parent/Guardian Signature _____ Date _____

Am Ex/Discover/MC/Visa # _____ Exp Date _____ Security code _____

CLASSES to FIT YOUR NEEDS, SCHEDULE and BUDGET!



COURSE DESCRIPTIONS:

Tot 1: For participants who are new to skating.

Tot 2: For participants who can get up and march.

Tot 3: For participants who can get up, march and glide. Students learn the two foot glide, forward and backward swizzles, one foot glide, backward wiggle.

Pre-Alpha (Beginner): Students learn the two foot glide, forward and backward swizzles, one foot glide, backward wiggle.

Alpha: Passed Tot 3, Pre-Alpha or equivalent. Students learn forward stroking, forward crossovers on right and left, and one foot snowplow stop.

Beta: Passed Alpha or equivalent. Students learn backward stroking, backward crossovers and t-stops on right and left.

Gamma: Passed Beta or equivalent. Students learn forward outside 3-turn on right and left, Mohawk combination on right and left, and hockey stop.

Delta: Passed Gamma or equivalent. Students learn forward inside 3-turn on right and left, forward edges inside and outside, bunny hop, and a choice of Shoot the Duck or Lunge to a one foot glide.

Adults: For all ability levels.

YOU WILL NEED:

SKATES WITH GUARDS You will need skates. Rental skates are available at the arena. Always wear guards on your blades when not on the ice. Skate blades stay sharp longer with proper care. **No double-bladed skates!**

When purchasing skates...A good, snug fit is important for proper support. Take along thick socks and allow a little extra room for growth.

FIGURE SKATES: Leather boots are best. Riedell, SP Teri, and Harlick are some of the better brand names.

HOCKEY SKATES: Molded plastic or leather skates are fine. CCM, Bauer, Nike, Lange, Mission and Riedell are some of the better brand names.

CLOTHING We recommend that group class participants wear gloves or mittens and a jacket that will allow free movement. Parents/guardians of younger children should also consider dressing them in snowpants, as they will help to cushion falls and keep them warmer.

HELMETS Tots and Beginners are encouraged to wear helmets. Inexpensive floor hockey helmets or bike helmets are available at your local athletic outfitters.