

ISI Learn to Ice Skate Program

Ages 5 to Adult – season starts September 16, 2010

Important Info...please read.

- When?** Beginner Levels - Pre Alpha and Alpha – Thursdays from 6:00pm to 6:30pm
All new skaters start at the Pre Alpha Level
Advanced Levels – Beta, Gamma, Delta and Freestyle – Thursdays from 5:30pm to 6:00pm
- Cost?** \$7.00 per lesson; no need to pre register. Skate rental is included. You can start anytime during the season.
- How?** ISI lessons are set up as ½ hour of instruction. Please be here early so as not to shortchange yourself of the lesson time. Remember these are group lessons, not one-on-one instruction.
- What to wear?** Helmets (bicycle helmet is fine) are recommended for beginners. Gloves are needed and layering clothes is better than bulky jackets that make it hard to move in.
- Skate rental?** Always try the same size as your shoe size. You may need to try a couple of sizes to get the right fit. But, remember skates are made to fit tighter than regular shoes. If skates are loose, they will rub and create blisters. Make sure the laces are pulled tight, as you need the support in your ankles. If you are interested in purchasing skates, see the arena manager.
- Testing?** When your coach says you are ready to advance from Pre Alpha to the Alpha level, you will be sent to the cashier to purchase a Pre Alpha test. The cost is \$5.00, which pays for a badge when the test is passed.
As you advance onto the Alpha, Beta, Gamma, Delta and Freestyle levels the test cost is \$15.00. This includes a badge and enrollment into ISI with \$5,000 in Accident Insurance, a subscription to *Recreational Ice Skating*, a member ship card and the opportunity to perform in competitions and shows. This membership is for a one-year period and is renewed every time you advance to the next level.
- Levels?** Here is what skills are needed to pass some of the levels:
Pre Alpha (beginners): two-foot glide, one-foot glide, forward swizzle, backward wiggle & backward swizzle.
Alpha: forward stroking, forward crossover left to right, forward crossover right to left & snowplow stop.
Beta: backward stroking, backward crossover left to right, backward crossover right to left, T-stop right foot outside edge & T-stop left foot outside edge.
Gamma: right forward outside 3-turn, left forward outside 3-turn, right forward inside Mohawk combination, left forward inside Mohawk combination, hockey stop.
Delta: right forward inside 3-turn, left forward inside 3-turn, forward outside and forward inside edges, bunny hop & lunge or shoot the duck.
- Questions?** If you have a concern or need clarification, please see the Arena Manager.

ISI Learn to Ice Skate Program - Group Lessons

Participant's Name _____

Address _____

City _____ Zip _____

Phone Number (724) _____

Child's Birth date _____ Participant's Age _____ M ___ F ___

First Time on Ice Skates? ___yes ___no

Returning Skater Level:

Alpha _____ Beta _____ Gamma _____ Delta _____

Release of Liability

The undersigned parent/guardian of participant who is an applicant in the ISI Learn to Skate Program And ISI Tot Program of the Greensburg recreation Department, hereby releases said Recreation Department and those acting for it from any and all liability whatsoever for any and all injuries sustained By said participant while participating in any phase of the within said ice skating program.

Signature of Parent/Guardian OR Participant

Please print name