

SportQuest Skating Academy Fall 2016

LEARN TO SKATE CLASSES

Ten Week Session

Saturdays 10/1 - 12/10 (No 11/26 Thanksgiving week) Tuesdays 10/4 - 12/13 (No 11/22 Thanksgiving week)

It is very common for skaters to stay at the same level for more than one session of classes.

CLASS DESCRIPTIONS:

Tots: Ages 3–5. Basic skating and standing skills

Pre Alpha: Ages 6-12. Two-foot glide, one-foot glide, forward & backward swizzles, backward wiggles

Alpha: Forward stroking, forward crossovers (L&R) and snowplow stop Beta: Backward stroking, backward crossovers (L&R) and t-stops (L&R)

Gamma: Mohawk patterns, outside 3 turns, hockey stop

Delta: Inside 3 turns, forward edges (inside & outside), shoot the duck, lunge & bunny hopes

Freestyle 1: Two foot spin, backward edges, half flip, waltz jump

Hockey Skating Skills: Ages 3-8. Skating skills for beginning hockey player. Forward & backward skating, stopping and turning. Should be able to skate unassisted to participate. No sticks. Pads/breezers optional. Hockey skates needed. (Parade does not have hockey skates for rent in child's sizes).

Adults/Teens: Beginner to advanced beginner. Adults/teens past advanced beginner, email sqsaparade.com for placement recommendation.

- Classes are filled first come, first served; classes do fill up, especially winter session!
- Skaters encouraged to wear good quality figure skates or hockey skates.
- Figure skates may be rented from Parade Ice Garden. No double blade skates
- For recommendations on where to purchase used or new skates, see "Helpful Info for New Skaters & Families" under the "Learn to Skate" tab at sqsaparade.com
- Skaters are encouraged to wear helmets (bike or hockey helmets work well)
- Dress warmly in layers. Mittens or gloves recommended
- No refunds unless class is cancelled due to low enrollment.
- Skaters will be evaluated at the first class to ensure proper class placement
- Skaters will be evaluated at the last class for next class recommendation

Classes are held in the Studio (South) Rink at Parade Ice Garden 600 Kenwood Parkway, Minneapolis MN 55403 (Just west of the Minneapolis Sculpture Garden and Walker Art Center.)

I HAVE SIGNED UP FOR: Class level	Day/time
See $www.sqsaparade.com$ for complete information.	. Follow us on Facebook at SQSA Parade
Questions? Email Rita Goodman at sqsaparade@q	mail.com

--- KEEP THIS SIDE ---

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Minneapolis MN 55403

Email: sasaparade@amail.com