



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@gmail.com

- - - K E E P T H I S S I D E - - -

REGISTRATION FORM

On line registration available at sqsaparade.com

Skater name _____

Skater age _____ Date of birth _____

Parents/guardian _____

Address _____

City _____ State _____ Zip _____

Email _____

Please write legibly. All communication is via email

How did you hear about us? _____

Class	Day/Time	Fee	✓
Pixies Team	Tuesday 4:45-5:30 See: sqsaparade.com	Pixies form	
Hockey Skating	Saturday 11:30-12:00	\$124	
Tots	Saturday 10:00-10:30	\$124	
Tots	Saturday 11:30-12:00	\$124	
Tots	Tuesday 5:15-5:45	\$124	
Pre Alpha	Saturday 10:30-11:00	\$124	
Pre Alpha	Saturday 11:30 - 12:00	\$124	
Pre Alpha	Tuesday 5:15 - 5:45	\$124	
Alpha	Saturday 10:30-11:00	\$124	
Alpha	Tuesday 5:45-6:15	\$124	
Beta	Saturday 11:00 - 11:30	\$124	
Beta	Tuesday 5:45 - 6:15	\$124	
Gamma/Delta/FS1	Saturday 11:00-11:30	\$124	
Gamma/Delta/FS1	Tuesday 6:15-6:45	\$124	
Adults/Teens	Tuesday 6:15-6:45	\$124	
Total Due			

Make checks payable to: SQSA Parade

Pay by: VISA / Mastercard / AMEX (circle)

Name on card _____

Card number _____

Exp date _____ **Security Code** _____

I skate in this class at my own risk and hereby release ISI, the host facility and their officers, directors, instructors and personnel from all liability. I declare that the information above is true.

Signed _____ Date _____
(parent /guardian)

Keep left side. Send this portion and full payment to:

SQSA Parade

Attn: Rita Goodman

600 Kenwood Parkway

Minneapolis MN 55403

Email: sqsaparade@gmail.com