



SportQuest Skating Academy

Winter 2018

LEARN TO SKATE CLASSES – 10 Week Session

Tuesdays 1/2 – 3/6
Thursdays 1/4 – 3/8
Saturdays 1/6 – 3/10

Winter classes fill fast! Register early to get your first choice in class times.

It's normal for skaters to stay at the same level for multiple sessions. Skaters interested in advancing faster or who have a passion for skating are encouraged to sign up for multiple classes at their level. Many students skate 2 - 3 times per week.

CLASS DESCRIPTIONS:

Tots: Ages 3–5 Basic skating and standing skills. (Older 2 year olds, email for approval)

Pre Alpha: Ages 6–12. Beginner. 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 - 3: FS 1: Two-foot spin, backward edges, half flip, waltz jump

FS 2: Waltz jump, 3 turn, mohawks, half lutz, 1 foot spin

FS 3: Salchow, change foot spin, toe loop

Hockey Skating Skills: Ages 4-10. 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.

- Skaters encouraged to wear quality figure or hockey skates. No double blades as they prevent learning proper technique. Figure skates may be rented from Parade (limited supply; first come, first served)
- 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 strongly encouraged to wear helmets; bike/hockey helmets work well. We don't have rental helmets.
- Dress warmly in layers. Mittens or gloves strongly 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
- We cannot offer make up sessions for missed classes.

Classes are held in the Studio (South) Rink at Parade Ice Garden , 600 Kenwood Parkway, Minneapolis MN 55403

Questions? Email Rita at: sqsaparade@gmail.com

See sqsaparade.com for complete information. Follow us on Facebook at *SQSA Parade*

I HAVE SIGNED UP FOR: Class level _____ Day/time _____

--- KEEP THIS SIDE ---

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	✓
Hockey Skating	Saturday 12:00-12:30	\$128	
Teen / Adult	Tuesday 6:15-6:45 pm	\$132	
Teen / Adult	Saturday 11:30-12:00	\$132	
Tots	Saturday 10:00-10:30	\$128	
Tots	Saturday 12:00-12:30	\$128	
Tots	Tuesday 5:15-5:45	\$128	
Tots	Thursday 4:30-5:00	\$128	
Pre Alpha	Saturday 10:30-11:00	\$128	
Pre Alpha	Saturday 12:00-12:30	\$128	
Pre Alpha	Tuesday 5:45-6:15	\$128	
Pre Alpha (take 4:30 & 5	Thursday 4:30-5:00	\$128	
Pre Alpha for 1 hr class)	Thursday 5:00-5:30	\$128	
Alpha	Saturday 11:00-11:30	\$130	
Alpha	Tuesday 5:45-6:15	\$130	
Alpha	Thursday 5:00-5:30	\$130	
Beta	Saturday 11:00-11:30	\$130	
Beta	Tuesday 6:15-6:45 pm	\$130	
Gamma	Saturday 11:00-11:30	\$132	
Gamma	Tuesday 6:15-6:45	\$132	
Delta	Saturday 11:30-12:00	\$132	
Delta	Tuesday 6:15-6:45 pm	\$132	
Freestyle 1 - 3	Tuesday 6:15-6:45 pm	\$134	
Freestyle 1 - 3	Saturday 11:30-12:00	\$134	
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 at my own risk and release ISI, Parade and it's officers, directors, instructors/personnel from liability. I declare this information is true.

Signed _____ Date _____

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

SQSA Parade
Attn: Rita Goodman
600 Kenwood Parkway
Minneapolis MN 55403

Questions? Email Rita at: sqsaparade@gmail.com