

### Saturday at Naga Waukee Ice Rink in Delafield WI

#### Session 1 (Classes on Saturdays)

Sep 10, 2022, 12:15 -1:00 PM Skills Class and 1:00-1:45PM Aspire Synchro Class  
Sep 17, 2022, 12:15 -1:00 PM Skills Class and 1:00-1:45PM Aspire Synchro Class  
Sep 24, 2022, 03:45 -4:30 PM Skills Class and 4:30-5:15PM Aspire Synchro Class  
Oct 01, 2022, 03:45 -4:30 PM Skills Class and 4:30-5:15PM Aspire Synchro Class  
Oct 08, 2022, 04:15 -5:00 PM Skills Class and 5:00-5:45PM Aspire Synchro Class  
Oct 15, 2022, 12:15 -1:00 PM Skills Class and 1:00-1:45PM Aspire Synchro Class  
Oct 22, 2022, 12:15 -1:00 PM Skills Class and 1:00-1:45PM Aspire Synchro Class

**Registration Fee \$175 for each class**

### Snow Plow Sam (Ages 3-5)

The Snowplow Sam levels are introductory classes divided into four progressive levels allowing children with no prior skating experience to build confidence while learning the basic skills of skating. These classes are designed to help children five and younger develop the ABCs of movement – Agility, Balance, Coordination and speed. The ABCs are essential for developing fundamental movement skills and physical literacy. All classes will be taught in a safe and positive environment, incorporating fun and games making class time an enjoyable experience for all.



### Basic Skills (Ages 6 and up)

Basic Skills teaches the **FUNDamentals** of ice skating and provides the best foundation for figure skating and ice dancing. Six progressive levels introduce forward and backward skating, stops, edges, crossovers, and turns. Upon completion of the Basic Skills 1-6 levels, skaters will be able to confidently advance to more specialized areas of skating. All classes will be well-structured with the focus on proper skill development taught in a positive, FUN, and social environment. Skaters will progress at their own rate and advance after skill mastery is demonstrated.

**Discover, Learn and Play** – Basic 1 and 2: These introductory levels allow new skaters with no prior skating experience to build confidence while learning to skate.

**FUNDamentals** – Basic 3–6: These levels develop all of the fundamental skating skills on the ice. Focus is on learning ABCs of basic athleticism: agility, balance, coordination and speed. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating.

Off-ice orientation:

- Equipment check: proper fit and lacing of skates, appropriate attire, safety helmets
- Practice falling and recovery, marching in place, dips and one-foot balances in skates

