

# New Hope Skating School Fall Session 2022



New Hope Skating School classes are based on the Ice Sports Industry's (ISI) Recreational Ice Skating Program for ice skaters 3 years of age and older. Pre-Alpha, Alpha, Beta, Gamma and Delta are all skill levels of the testing program. Private lessons are also available. Please see the class descriptions for further details. Classes are taught by Dawn Landon and her fine staff. Participants will need skates with guards (no double-bladed skates). Rental skates are available for \$3 per visit, or rent skates for all ten classes for \$20. Tots are encouraged to wear helmets. Classes are held on the south rink (meet at bottom of stairs). Skaters should be ready to take to the ice at their lesson time. Class sizes are limited.

**Location:** New Hope Ice Arena, 4949 Louisiana Ave N

## Mondays ~ October 17-December 19

261201-A	Tots (ages 3-5)	6:30-7 p.m.
261203-A	Alpha	7-7:30 p.m.
261202-A	Pre-Alpha, ages 6-12	7-7:30 p.m.
261204-A	Beta	7-7:30 p.m.
261205-A	Gamma	7-7:30 p.m.
261206-A	Delta	7-7:30 p.m.
261207-A	Adults	7:30-8 p.m.

**Fee:** \$110 New Hope residents/\$117 Nonresidents

261209-A Skate Rental (10 classes)

**Fee:** \$20 per participant

## Saturdays ~ October 8-December 17 (no class 10/22)

261201-F	Tots (ages 3-5)	9:30-10 a.m.
261203-F	Alpha	10-10:30 a.m.
261202-F	Pre-Alpha, Ages 6-12	10-10:30 a.m.
261204-F	Beta	10-10:30 a.m.
261205-F	Gamma	10-10:30 a.m.
261206-F	Delta	10-10:30 a.m.
261207-F	Adults	10:30-11 a.m.

**Fee:** \$110 New Hope residents/\$117 Nonresidents

261209-F Skate Rental (10 classes)

**Fee:** \$20 per participant

**Register with:** New Hope Parks and Recreation  
4401 Xylon Ave N  
New Hope, MN 55428

Refunds, program credits and transfers are allowed up to one week prior to the start of the program. In the event of illness or injury, refunds will be given when accompanied by a doctor's written verification. All refunds are subject to a \$5 service fee. Confirmations are not sent. Payment by check authorizes the city to use information from your check to make a one-time electronic fund transfer from your account. Phone registrations accepted with a major credit card. **QUESTIONS?** Call 763-531-5151



**Online Registration!** Go to [webtrac.nhrecexpress.com](http://webtrac.nhrecexpress.com)

## Private Lessons

ISI Membership is required for levels Free Style 1 and up. Private lessons consist of a 15-minute private lesson plus practice time.

261208-A Mondays, October 17-December 19  
7:30-9 p.m.

**Fee:** \$290 New Hope residents/\$297 Nonresidents

261208-F Saturdays, October 8-December 17  
(no class 10/22)  
10:30-11:30 a.m.

**Fee:** \$200 New Hope residents/\$207 Nonresidents

### New Hope Skating School - Fall 2022

Participant Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Birthdate \_\_\_\_\_ Sex (M or F) \_\_\_\_\_ Parent/Guardian \_\_\_\_\_

Special need? \_\_\_\_\_ Email \_\_\_\_\_

Course \_\_\_\_\_ Dates/Time \_\_\_\_\_ Fee enclosed \$ \_\_\_\_\_

*I, the undersigned parent or guardian, authorize the City of New Hope to disclose to the City's insurer, attorney, staff, coaches, and other personnel involved in this program, the participant's name, address and telephone number for the purpose of program administration. I understand that the records are protected under state and federal privacy regulations and cannot be disclosed without my written consent unless otherwise provided by law. I hereby agree to allow the individual named herein to participate in the aforementioned activity, and further agree to hold the City harmless for any claim resulting from participation in this activity. I further give consent for any photos or videos taken during the program to be used by the City for promotional materials.*

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

Am Ex/Discover/MC/Visa # \_\_\_\_\_ Exp Date \_\_\_\_\_ Security Code \_\_\_\_\_

# CLASSES to FIT YOUR NEEDS, SCHEDULE and BUDGET!



**Tots:** Tots will be split into smaller groups based on ability.

- 1: Little or no experience on ice.
- 2: Able to stand up by themselves.
- 3: Able to march/push without assistance.

**Pre-Alpha (Beginner):** Students learn the two foot glide, forward and backward swizzles, one foot glide and backward wiggle.

**Alpha:** Passed Tots, Pre-Alpha or equivalent. Students learn forward stroking, forward crossovers on right and left, and one foot snowplow stop.

**Beta:** Passed Alpha or equivalent. Students learn backward stroking, backward crossovers and t-stops on right and left.

**Gamma:** Passed Beta or equivalent. Students learn forward outside 3-turn on right and left, Mohawk combination on right and left, and hockey stop.

**Delta:** Passed Gamma or equivalent. Students learn forward inside 3-turn on right and left, forward edges inside and outside, bunny hop, and a choice of Shoot the Duck or Lunge to a one foot glide.

**Adults:** For all levels.

**Private Lessons:** Includes 15-minute private lesson followed by practice time. ISI Membership is required for levels Free Style 1 and up.

## YOU WILL NEED:

**SKATES WITH GUARDS** You will need your own skates. Rental skates are available at the arena. Always wear guards on your blades when not on the ice. Skate blades stay sharp longer with proper care.  
**No double-bladed skates!**

**When purchasing skates...**A good, snug fit is important for proper support. Take along thick socks and allow a little extra room for growth.

**FIGURE SKATES:** Leather boots are best. Riedell, SP Teri, and Harlick are some of the better brand names.

**HOCKEY SKATES:** Molded plastic or leather skates are fine. CCM, Bauer, Nike and Riedell are some of the better brand names.

**CLOTHING** We recommend that group class participants wear gloves or mittens and a jacket that will allow free movement. Parents/guardians of younger children should also consider dressing them in snowpants, as they will help to cushion falls and keep them warmer.

**HELMETS for Tots and Beginners** We strongly encourage tots and beginners to wear helmets.

## PARENTS, Please Watch from the Bleachers

Our goal is to give your child guidance in learning skating skills to the best of their ability. This goal is best achieved when we have the child's undivided attention while they are on the ice. In addition, you will have a better view of your child's progressing skills.