

New Hope Skating School Winter Session 2023



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. 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. See reverse for class descriptions. 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. Classes are limited to 12 students per instructor. Early registration is recommended.

Location: New Hope Ice Arena, 4949 Louisiana Ave N

Mondays ~ January 9-March 13

| | | |
|-----------------|----------------------|-------------|
| 361201-A | Tots, ages 3-5 | 6:30-7 p.m. |
| 361203-A | Alpha | 7-7:30 p.m. |
| 361202-A | Pre-Alpha, ages 6-12 | 7-7:30 p.m. |
| 361204-A | Beta | 7-7:30 p.m. |
| 361205-A | Gamma | 7-7:30 p.m. |
| 361206-A | Delta | 7-7:30 p.m. |
| 361207-A | Adults | 7:30-8 p.m. |

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

361209-A Skate Rental (10 classes)

Fee: \$20 per participant

Saturdays ~ January 7-March 18 (no class 2/4)

| | | |
|-----------------|----------------------|---------------|
| 361201-F | Tots, ages 3-5 | 9:30-10 a.m. |
| 361203-F | Alpha | 10-10:30 a.m. |
| 361202-F | Pre-Alpha, Ages 6-12 | 10-10:30 a.m. |
| 361204-F | Beta | 10-10:30 a.m. |
| 361205-F | Gamma | 10-10:30 a.m. |
| 361206-F | Delta | 10-10:30 a.m. |
| 361207-F | Adults | 10:30-11 a.m. |

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

361209-F Skate Rental (10 classes)

Fee: \$20 per participant

Skating Exhibition

Competitive skaters from the New Hope Skating School will demonstrate their skills in a professional show.

Saturday, March 18 from 12-1 p.m.

Free Admission!



Private Lessons

(ISI Membership is required for levels Free Style 1 and up)

361208-A Mondays, January 9-March 13
7:30-9 p.m.

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

361208-F Saturdays, January 7-March 18 (no class 2/4)
10:30-11:30 a.m.

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

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



Online Registration! Go to webtrac.nhrecexpress.com

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. Participants should attend the class, unless informed that it is filled or cancelled. 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

New Hope Skating School - Winter 2023

Participant Name _____ Phone(s) _____

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 to no experience on ice.
2. Able to stand up by themselves.
3. Able to march/push without assistance.

Pre-Alpha (Beginner): For participants who are new to skating. Students learn the two foot glide, forward and backward swizzles, one foot glide and backward wiggle.

Alpha: Passed Tot 3/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-stop 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.

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.