



2018 Season

Winter 1 (7 weeks) • January 15th– March 4th

Registration will begin on Monday January 1st

Parent & Tot Class (3 to 5 years old with parent) \$110

Do you have a little one who wants to skate? Would you like to learn with them? Our parent & tot class introduces basic skating skills to you and your little one. Skaters progress to SnowPLOW Sam classes where they'll advance on their own.

	CLASS TIME	PRACTICE TIME
Sat	9-9:30 am	9:30-9:40 am

Learn to Skate USA 1,2,3 (3 to 5 years old) \$110

Introductory class for young children with no prior skating experience to build confidence while learning the basic skills of skating in an atmosphere of fun using games and ice-safe toys.

	CLASS TIME	PRACTICE TIME
Wed	5:40-6:10 pm	6:10- 6:20 pm
Fri	5:05 -5:35 pm	5:35-5:45 pm
Sat	9-9:30 am	9:30-9:40 am

Basic Skills 1, 2 (ages 6 & up) \$110

Discover, Learn & Play—Basic 1 & 2 These introductory levels allow new skaters age 6 and up with no prior skating experience to build confidence while learning to skate.

	CLASS TIME	PRACTICE TIME
Wed	5:40-6:10 pm	6:10- 6:20 pm
Fri	5:05 -5:35 pm	5:35-5:45 pm
Sat	9-9:30 am	9:30-9:40 am

Basic Skills 3 - 6 \$110

FUN-damentals Basic 3-6 These levels develop all of the fundamentals skating skills on the ice. Upon completion of these levels, skaters will be able to confidently advance to more specialized areas of skating

	CLASS TIME	PRACTICE TIME
Wed	6:20– 6:50 pm	6:50-7:00 pm
Fri		

Basic 3 5:05 - 5:35 pm 5:35-5:45 pm

Basic 4-6 5:45– 6:15 5:35– 5:45 pm

Sat 9:40 - 10:10 am 9:30-9:40 am

Pre-Free Skate (previously basic 7 & 8) \$110

Each Free skate level is comprised of a variety of progressive skating skills, transitions, spins, and jumps. These skills will build on previous skills providing skaters a strong foundations of all elements.

	CLASS TIME	PRACTICE TIME
Wed	6:20– 6:50 pm	6:50-7:00 pm
Fri	5:45 - 6:15 pm	5:35-5:45 pm
Sat	9:40 - 10:10 am	9:30-9:40 am

Adult & Teen Class \$110

The adult and teen class is designed for both beginning and experienced skaters who wish to improve their skating skills. This class will improve balance and coordination while teaching proper skating techniques.

	CLASS TIME	PRACTICE TIME
Wed	6:20– 6:50 pm	6:50-7:00 pm
Sat	9:40 - 10:10 am	9:30-9:40 am

FREE SKATE CLASSES

Fee: \$137

Free Skate 1-6

Each Free skate level is comprised of a variety of progressive skating skills, transitions, spins, and jumps. These skills will build on previous skills providing skaters a strong foundations of all elements. Skaters will begin each class with a power skating session.

	CLASS TIME
Wed	7:00– 7:40 pm
Sat	10:20 - 11:00 am

Free Skate 7 (axel and up)

Free skate 7 is for skaters working on the Axel jump and higher. Skaters will begin each class with a power skating session.

	CLASS TIME
Wed	7:00– 7:40 pm
Sat	10:20 - 11:00 am

Off-ice Conditioning (Basic 3 and up) \$70

30 minute off-ice conditioning and stretching class to complement your on-ice classes. Conveniently scheduled around Free skate class times.

	CLASS TIME
Wed	5:40-6:10 pm
Sat	9:40-10:10 am

High Off Ice Class \$97

This class is designed for free skate 5 skaters and up. You will work on building stamina, and conditioning. We will focus on upper body conditioning, building core strength , plyometric exercises, rotations, axels.

	Class Time
Friday	5:05-5:35pm

Walk on fee \$25 for High Off Ice

USFS Membership - Required for all skaters— \$20.00

All skaters must have a current USFS figure skating basic skills membership, prior to class registration. This membership is valid from June 2017 to June 2018. You will be able to register on our website: www.leafsicecentre.com
Click the membership tab and then USFS membership.

Skate Rental

Skaters may bring in their own skates or use our rental skates.
Rental skates are available for \$3.00 each week single rental.
(\$2.00 each with purchase of a 10 rental punch card)

SPECIALTY CLASSES

Fee: \$88

Power Edge 1 for Basic 4-6

One-half hour skating class that will help build power, speed, quickness, and edge quality.

	CLASS TIME
Fri	6:15-6:45pm

Power Edge 2 for Pre-Free Skate & Free Skate 1-4

One-half hour skating class that will help build power, speed, quickness, and edge quality.

	CLASS TIME
Fri	6:15-6:45pm

Power Edge 3 for Free Skate 5 and up

One-half hour skating class that will help build power, speed, quickness, and edge quality.

	CLASS TIME
Fri	6:15- 6:45pm

Spin & Jump Class for Freeski 1 & up

This class focuses on the skills necessary to master higher level jumps and spins..

	CLASS TIME
Fri	5:45-6:15pm

Music Interpretation Class

This class is designed to teach skaters how to perform maneuvers to music. A fun class that helps skaters use their skills in a new, interpretive way.

	CLASS TIME
Fri	5:45- 6:15pm

Moves in the Field \$137

This class will be comprised of a series of exercises and skills that will prepare and condition the skater to test for their Moves in the Field level. We will cover the essentials needed to allow your skater to become more fluid and natural on the ice. Class Time ****NEW CLASS****

Monday	4:45-5:30pm
Walk on fee \$25 for Moves in the Field	

Walk-ons are available for ALL specialty classes for only \$20 a class! Enquire and pay for all walk-ons at the front desk.
***All skaters MUST have current USFS basic skills membership \$20.**

Please contact LIC Figure Skating Director
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