

# The Skate School

Sign up fast and  
learn those skills!!!



Stop by the office  
or call to Register!!

778-9825

Southern Ice Arena  
215 Gothic Court  
Franklin, TN 37067

**SOUTHERN  
ICE  
Skate  
School**

THE  
SKATE SCHOOL

## Learn -to- Skate Summer 2009



ICE SKATING  
CLASSES FOR THE  
WHOLE FAMILY!

Tel: 615-778-9825

# ICE SKATING LESSONS

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Whether you are a beginner or advanced, interested in hockey or figure skating, the Skate School's **Learn-to-Skate** program is for you!

## Summer 2009

**June 1–August 22 (12 weeks)**

Buy the number of lessons you want to do and come to any of the **36 lessons** offered in our

12 week summer LTS program  
(Early Bird \$10 off thru May 23)

**UNLIMITED \$275.00**

**12 LESSONS \$175.00**

**8 LESSONS \$140.00**

**6 LESSONS \$110.00**

### CLASSTIMES

**MONDAYS 5:30-6:30 P.M.**

**THURSDAYS 5:30-6:30 P.M.**

**SATURDAYS 10:30-11:30 A.M.**

\*No refunds or carry-overs for lessons not used in a session

## CLASSES

### TOT/SNOWPLOW SAM I-3 Ages 3-5

Toys and games are used in these classes to encourage confidence and the enjoyment of the learning experience. Snowplow levels and/or Basic 1 & 2 are prerequisites for LTS Hockey.

### **BASIC 1 (Ages 6 and up)**

This is the entry level class for beginners. Forward skating, balance, backward skating, and gliding on one foot will be taught.

### **BASIC 2 through BASIC 5**

These classes focus on more advanced skating skills. You must have the approval of an instructor before enrolling in these classes.

### **ADULT**

This class will accommodate the beginner to intermediate level recreational skater. A great start for the older skater.

## **SPECIALIZED LTS PROGRAMS**

### **FIGURE SKATING**

**Bridge/Freestyle (prerequisite is Basic 5)**

These classes are for the aspiring figure skater and focus on beginning elements of jumps, spins, and edgework. Skaters will advance from Basic 6-8, then through Freestyle levels.

### **LEARN TO SKATE HOCKEY**

Great hockey players are great skaters! The LTS Hockey classes are designed to teach **skating skills** specific to hockey and are a prerequisite to the hockey programs at AGame Sportsplex.

- **HOCKEY 1 SKATING SKILLS**
- ( Prerequisite B2 or coach's approval)
- **ADVANCED HOCKEY SKATING SKILLS (Prerequisite Hockey 1)**

# Below Zero

## Summer Camps

**Dates: June 15th–19th  
22nd–26th**

**July 6th–10th  
13th - 17th**

**Time: 12:30pm-5:00pm**

**Price: \$250 per week  
\$70 per day**

### Basic Skills Camp:

**free skating (practice)  
2 on-ice lessons daily  
off-ice class  
stroking class**

### Intro to Figure Skating:

**free skating (practice)  
2 on-ice lessons daily  
off-ice class**

**Edge and Stroking Technique Class  
Ballet**

### Intro to Hockey:

**free skating (practice)  
2 on-ice group lessons daily  
off-ice strength class  
stick-handling/shooting class**

**Group discounts and multiple week discounts are available!!**

**Call the Skate School for information  
@ 778-9825**