S&T Bank ARENA

Skating Academy



Program Description

Our new and improved Skating Academy offers Learn to Skate lessons to children, teens and adults. Our lessons are designed to teach skating in a way that's progressive, structured, safe and fun! During our sessions skaters are tested according to Ice Skating Institute (skateisi.com) standards when they are ready to move up to the next level of achievement. Evaluations will be built into the session with badges and progress reports. Through our professionally run program skaters will learn the much needed skills that will allow them to become a competitive figure skater, an elite hockey player, or a life-long recreational skater.

Registration Information

Each lesson consists of 30 min of instruction and a 30 min practice per day. We STRONGLY RECOMMEND registering in advance because classes fill up fast and space is limited. A completed form and payment is required to hold your spot. Online registrations must also turn in a paper copy on the first day of class.

Session 1 $110

Day/time: Tuesdays 5:30pm - 6:30pm

Dates: Aug 29th to Oct 17th (8 lessons)

Session 2 $110

Day/time: Saturday 12:00pm - 1:00pm

Dates: Sept 23rd to Nov 11th (8 lessons)

Session 3 $110

Day/time: Tuesdays 5:30pm - 6:30pm

Dates: Oct 24th to Dec 19th (8 lessons)

Session 4 $110

Day/time: Saturday 12:00pm - 1:00pm

Dates: Nov 18th to Jan 13th (8 lessons)

Session 5 $110

Day/time: Tuesdays 5:30pm - 6:30pm

Dates: Jan 2nd to Feb 20th (8 lessons)

Find us on Facebook

What Is Included With My Fee?

- *Membership with ISI - this includes insurance and the ability to compete in local and regional competitions.*
- *Level Testing and progress reports*
- *Badge awards for passing levels*
- *Rental Skates - provided each day*
- *One punch card redeemable for 8 public skates - Rental Skates included.*

Session 6 $110

Day/time: Saturday 12:00pm - 1:00pm

Dates: Jan 20th to Mar 17th (8 lessons)

Session 7 $80

Day/time: Tuesdays 5:30pm - 6:30pm

Dates: Feb 27th to Apr 3rd (6 lessons)

Discounts:

Multi Child - $10 off for enrolling multiple children

Double Up - $30 off for enrolling 1 child in 2 programs at the same time

Phone 724-465-2665

www.whitetownshiprec.org

MORE ON BACK

What to Wear?

- We will provide skates as part of the program. Figure Skates and much more can be purchased in the Pro-shop
- Helmets are a requirement Bike helmets are perfect
- Dress warm in layers and gloves or mittens—NO bulky clothing that will prohibit movement

Ice Skating Institute Certification Levels

Tot 1 to 4 (Age 3 to 5) - How to fall & Stand, Marching, Gliding, 2 foot Jump, Swizzles, Push and Guide, Snow plow, T-position and push, Back-ward.

Pre - Alpha - Same as Tot 1 - 4 but designed for older participants.

Alpha - Develop forward skating skills, stroking techniques, forward crossovers, master t-stops

Beta - Backwards Skating and crossovers, and master snow plow stops.

Levels Gamma and Delta - are part of the Intro to figure Program

Intro to Figure & Freestyle ice



Program Descriptions

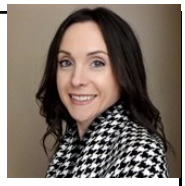
Intro to Figure: After completing our learn to skate program, aspiring figure skaters will advance to Intro to Figure Skating! This Program is taught by former professional figure skater with Disney on ice, Beth Addis. Skaters learn the necessary skills that will allow them to master beginning jumps and spins. Speak with Beth for more information.

Freestyle Ice: Sessions are dedicated ice times for figure skaters to practice or take private lessons with one of our certified figure skating coaches. Private lessons are open to all ages.

Freestyle Time: Tuesdays 4:00 - 5:20pm and Fridays 4:30 - 5:30pm

Coaches

Beth Addis



Head Coach

BIO:

- Professional skater; DISNEY ON ICE for 6 years
- Levels passed: Intermediate Freestyle, Intermediate Moves in the Field, 3rd Figure, and Bronze Dances
- Specializes in: Freestyle, Jump Technique & Power Skating

Contact Info: 724-422-3217

stbankarenaskatingacademy@yahoo.com

Kathy Maloskey



BIO:

- 28 years of coaching experience.
- Levels passed: Preliminary Dance, Preliminary Figure, and Juvenile Freestyle
- Specializes in: Learn to skate, Freestyle , Hockey Skills, Power Skating, and Ballet.

Contact Info: 724-388-2248

pensruleice@yhaoo.com

Private Lessons

- Claire Pajak

Specialties: Power Skating, Freestyle, and Learn to Skate

Find us on Facebook

Contact Info: 724-465-2665

www.whitetownshiprec.org