

Schedule of Classes Jan-March

Skating Academy Mission:

The Skating Academy at Ice Station is committed to providing our skaters with the most courteous attention and service possible. We will teach our Skating Academy skaters the basic skills of each level in accordance with the standards of the Ice Skating Institute. Our goal is for every skater to correctly learn all the skills introduced in a level before advancing to the next level. Our professional instructors will motivate skaters to improve their abilities while offering a challenging, yet fun curriculum. We will strive to improve our programs for our most valuable asset - our skaters.

Tot Classes

****We strongly recommend helmets for tot skaters****

Starter Tots (Ages 2 to 6)

****Parent or Adult may skate with their child****

Mondays 10:30am - 11:00am
 Tuesdays 5:15pm - 5:45pm
 Wednesdays 5:45pm - 6:15pm
 Saturdays 9:30am - 10:00am

Ice Tots (Ages 2 to 6)

Skates without help

Mondays 10:00am - 10:30am
 Tuesdays 5:15pm - 5:45pm
 Wednesdays 5:45pm - 6:15pm
 Saturdays 9:30am - 10:00am



Tot Stars (Ages 3 to 6)

Prerequisite: Ice Tots

Tuesdays 5:15pm - 5:45pm
 Wednesdays 5:45pm - 6:15pm
 Saturdays 9:30am - 10:00am

Teen/Adult Classes

Teen/Adult *May be used as \$50 Add-on
 Wednesdays 6:15-6:45pm*
 Saturdays 9:30am - 10:00am*
 Sundays 2:00 pm-2:30 pm (teen/adult)*

Adult Classes

Monday Coffee Club

Session 11:45-1:00pm

Lesson 12:15 -12:45 pm

Coffee, Tea and snacks served

Adult Sessions: (18 and over)

Tuesday thru Friday 11:45am-1:00 pm
 (no beverage or lesson)

Youth Beginner Classes

Pre Alpha 1 (Ages 6 & up)

Mondays 4:00pm - 4:30pm
 Tuesdays 5:45pm - 6:15pm
 Wednesday 5:15pm - 5:45pm
 Wednesdays 6:15pm - 6:45pm
 Thursdays 2:00pm-2:30pm
 Saturdays 9:00am - 9:30am
 Sundays 1:30 pm - 2:00pm

Pre Alpha 2

Prerequisite: Pre Alpha 1

Mondays 4:00pm - 4:30pm
 Tuesdays 5:45pm - 6:15pm
 Wednesdays 5:15pm - 5:45pm
 Wednesdays 6:15pm - 6:45pm
 Saturdays 9:00am - 9:30am



Synchronized Skating

Ice Angels

Costume & competition fees additional.
 Saturdays 10:30am - 11:00am

California Girls

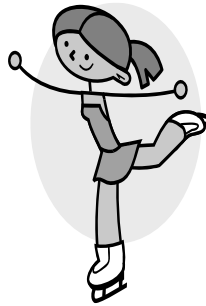
Wednesdays 6:15pm-7:00pm

Tryout required with coach approval
Off-ice workout required

Figure Skating Classes

Alpha

Tuesdays 5:15pm - 5:45pm
Wednesdays 5:15pm - 5:45pm
Wednesdays 6:15pm - 6:45pm
Saturdays 9:00am - 9:30 am



Beta

Tuesdays 5:15pm -5:45pm
Wednesdays 5:15pm -5:45pm
Wednesday 6:15pm-6:45pm
Saturdays 9:00am - 9:30 am

Gamma / Delta

Tuesdays 5:15pm -5:45pm
Wednesdays 5:15pm -5:45pm
Saturdays 9:00am -9:30am

FREESTYLE CLASSES

Low Freestyle

Tuesdays 5:45pm- 6:15pm
Wednesdays 5:45pm - 6:15pm
Saturdays 9:30am - 10:00 am

High Freestyle

Tuesdays 5:15pm - 6:15pm
Wednesdays 5:45pm - 6:15pm
Saturdays 9:30am - 10:00 am

Advanced Freestyle

Tuesdays 5:45pm -6:15pm
Wednesdays 5:45pm -6:15pm
Saturdays 9:30am -10:00 am

Beginning Freestyle Add-On

(This is a \$50 Add-on Special!)

Must also be enrolled in Alpha thru Delta

Tuesdays 5:45pm-6:15 pm
Wednesdays 5:45pm-6:15pm
Saturdays 9:30am-10:00am

Low-Advanced Freestyle-Add-On

(This is a \$50 Add-on Special!)

Must also be enrolled in Low thru Advanced FS

Tuesdays 5:15pm-5:45pm
Wednesdays 6:15pm-6:45pm
Saturdays 9:00am-9:30am

Off-Ice Classes

Beginning Ballet for Skaters

Tuesdays 5:00pm-6:00pm

Advanced Ballet for Skaters

Prerequisite: Coach approval

Thursdays 5:00pm - 6:00pm

Advanced Off-Ice Jump

Coach approval required



Hockey Classes

Starter Hockey Tots (ages 2-6)

Wednesdays 5:45 pm-6:15pm

Ice Tot Hockey (ages 3-6)

Wednesdays 5:15pm-5:45pm
Saturdays 10:00am - 10:30 am



Advanced Hockey Tots Skating Skills

Wednesdays 5:15pm - 5:45pm

Advanced Hockey Tots Stickhandling

Wednesdays 5:45pm-6:15pm *(gear required)*

Youth Pre-Alpha 1 Hockey (Ages 6 and up)

(hockey skates required)

Mondays 4:30pm—5:00pm
Tuesdays 5:45pm—6:15pm
Wednesdays 5:45pm—6:15pm
Saturdays 10:00am—10:30pm

Youth Pre-Alpha 2 Hockey (hockey skates)

Wednesdays 6:15pm-6:45pm

Youth Hockey Skating Skills

(must wear hockey skates)

Tuesdays 5:15pm - 5:45pm



Youth Stickhandling (Gear required)

Tuesdays 5:45pm-6:15pm

Youth Game Strategy and Scrimmage

(Gear required)

Tuesdays 6:15-6:45 pm

Youth Shooting and Skills Clinic (Gear required)

Fridays 6:25pm-7:25pm

Adult Hockey Clinic (Gear required)

Mondays 6:30pm - 7:30pm

**** PLEASE NOTE: Classes with less than 3 skaters may be canceled or combined.****

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