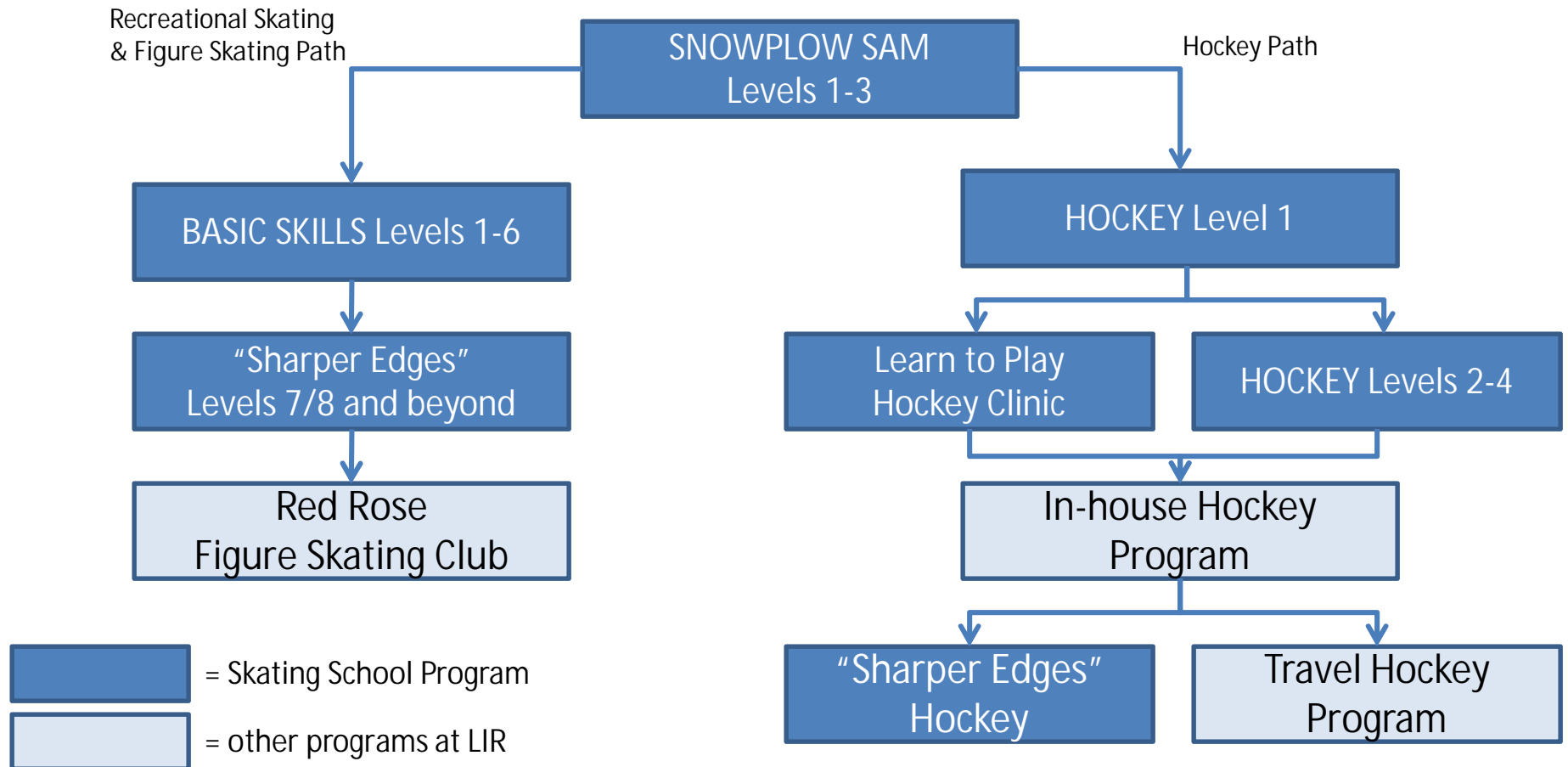


Lancaster Ice Rink (LIR) Skating School

- Learn to Skate Programs -

The Basic Skills Program is an ice skating program that enables beginning skaters of all ages and abilities to learn the fundamentals of hockey or figure skating. Skaters earn badges, meet new friends and have fun as they progress through the various levels within the Basic Skills Program.



For additional information go to www.lancastericerink.org or call the rink at 581-0274.
 Kim Miller (Skating School Director) can be reached at lirskatingschool@yahoo.com or 285-4784.

Lancaster Ice Rink (LIR) Skating School - Program Descriptions -

Program Description	Prerequisites	Additional Information
<p>Snowplow Sam Designed to help the preschool age skater develop preliminary coordination and strength necessary to maneuver on the ice.</p>	<ul style="list-style-type: none"> • Minimum age: 3 years old 	<ul style="list-style-type: none"> • Offered year-round in a 6-8 week series • Cost: \$69-89 per series(depending upon length) • 30 min class; 1 pass per week for Public Skating • Coach:skater ratio 1:6 max • Discounts for multiple classes in the same session
<p>Basic Skills 1-6 The first 6 levels introduce the fundamental moves: forward & backward skating, stops, edges, crossovers, 3-turns , etc.</p>	<ul style="list-style-type: none"> • Minimum age: 6 years old 	<ul style="list-style-type: none"> • Offered year-round in a 6-8 week series • Cost: \$69-89 per series(depending upon length) • 30 min class; 1 pass per week for Public Skating • Coach:skater ratio 1:6 max • Discounts for multiple classes in the same session
<p>Sharper Edges Figure (Basic 7/8 & beyond) A continuation of the Basic Skills program with additional exposure to off-ice components such as proper warm-up, stretching and cardio. Includes an introduction to synchro, spins, jumps and Artistry in Motion (AIM)</p>	<ul style="list-style-type: none"> • Successful completion of Basic 6 	<ul style="list-style-type: none"> • Offered year-round in a 6-8 week series • Costs: \$90-120 per series(depending upon length) • 75 min classes • Discounts for multiple classes in the same session • 1 hr extra practice available for \$10/week
<p>Hockey 1-4 Designed to teach proper hockey skating fundamentals. All elements taught <u>without</u> a stick or puck.</p>	<ul style="list-style-type: none"> • Minimum age: 6 years old 	<ul style="list-style-type: none"> • Offered year-round in a 6-8 week series • Cost: \$69-89 series(depending upon length) • 30 min class; 1 pass per week for Public Skating • Coach:skater ratio 1:6 max • Discounts for multiple classes in the same session
<p>Learn to Play Hockey Clinic Geared for learn to skate graduates with a desire to learn puck handling, passing and shooting skills in preparation for participation on a hockey team.</p>	<ul style="list-style-type: none"> • Successful completion of Hockey 1 • May be taken <u>concurrently</u> with Hockey 2-4 	<ul style="list-style-type: none"> • Offered year-round in a 6-8 week series • Cost: \$69-89 series(depending upon length) • 1 hr class • USA-approved helmet, gloves, stick required • Equipment avail to borrow (limited) • Graduates are eligible to join a hockey team
<p>Sharper Edges Hockey Designed to augment skating skills learned through participation in a hockey program. Focus is on agility, speed and power.</p>	<ul style="list-style-type: none"> • Minimum age: 6 years old • Advanced skating ability • Travel hockey or experienced in-house player (with coach recommendation or skill evaluation) 	<ul style="list-style-type: none"> • Offered year-round in 6-8 week series • Cost: \$90-120 per series(depending upon length) • 75 min classes • Coach:skater ratio approx 1:3