



Skating Lessons Program Progression

TOTS Program

This class is for skaters ages 3-5 yrs old. This 30 minute class teaches the basics of instruction using games and fun to help better develop balance and confidence on the ice. This class requires a helmet and mittens/gloves (the rink does not rent helmets). Skate rental is free for this class. An ISI membership is included.

LEARN TO SKATE Program

This class is for skaters ages 5 yrs and older. This 60 minute class is 30 minutes of instruction and 30 minutes of practice. This class is for levels Pre-Beginner 1 through Pre-Alpha 3. The instructional portion of the class is divided into a warm up, skill review, exhibition practice, and cool down. The final week of each session will be an exhibition so skaters can show their progress. We offer Youth, Adult/teen, and Hockey Learn to Skate. Once a skater completes all the Learn to Skate levels, free rentals will not be available in the advanced classes. An ISI membership is included.

FUTURE STARS Program

This class is for skaters who have passed Pre-Alpha 3 from our Learn to Skate program. This class is for skaters in Alpha-Delta. This 60 minute class is 30 minutes of instruction and 30 minutes of practice. Skaters will be able to choose between a technical based class on Friday and Sunday and a program based class (technique and a program set to music) on Saturday's. The instructional portion of the class is divided into a warm up, skill review, exhibition and/or program practice, and cool down. The final week of technical based class will be an exhibition so skaters can show off their progress. An ISI membership is included. Skate rental is NOT included in the cost of this class and is \$5/week

ROSEGARDEN STARS Program

This class is for skaters who have passed Delta from our Future Stars program. This class is for skaters in Freestyle 1-4 and is designed to bridge the gap between introductory lessons and private lessons. This 60 minute class is 30 minutes of instruction and 30 minutes of practice and will cover all jumps through a flip jump and spins through a sit spin. All skaters will get a program set to music. The instructional portion of the class is divided into a warm up, skill review, program practice, and cool down. Skaters in Freestyle 3 and above are required to have a supplemental instructional lesson (private /semi-private lesson). ISI membership is included and skaters MUST have their own skates

PRIVATE LESSONS

Private lessons can be done as private or semi-private instruction. Private lessons are for skaters who have reached a point in their skating that more individualized instruction is necessary to properly train the harder skills. Some skaters that prefer a one-on-one environment can start private lessons before they pass Freestyle 2. For more information on private instruction, please visit our website or contact programs@rosegardenicearena.com

NO MAKE-UPS | NO REFUNDS | NO CLASS SWITCHING