

2012 Sessions

Spring 1 8-Week Session: March 3rd-April 28th (No Class 4/21) **\$125 for 8 Week Classes**

Spring 2 6-Week Session: April 30th-June 9th
\$100 for All 6-Week Classes

- Tot 1/Tot Hockey 1
Monday 4:40pm, Saturday 9:30am & 10:50am
- Tot 2/Tot Hockey 2
Monday 4:40pm, Saturday 9:30am & 10:50am
- Youth Hockey 1
Monday 4:40pm & Saturday 9:30am
- Youth Hockey 2
Monday 4:40pm, Saturday 9:30am & 10:50am
- Youth Hockey 3
Monday 4:40pm & Saturday 10:50am
- Pre-Alpha 1
Monday 4:40pm, Saturday 9:30am & 10:50am
- Pre-Alpha 2
Monday 4:40pm & Saturday 10:50am
- Alpha
Monday 4:40pm & Saturday 10:50am
- Beta
Monday 4:40pm & Saturday 10:50am
- Gamma/Delta
Monday 4:40pm & Saturday 9:30am
- Teen/Adult & Freestyle
Saturday 9:30am

*****FREE SKATE RENTAL *****



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Addison Ice Skating Lessons



(630) 543-9200

Ice Skating Lessons

Addison Ice Arena offers a variety of programs for skaters of all ages, levels, and interests.

Learn to Skate

Tot 1—(Ages 3-6) For the beginner skater with no formal experience. Skater will learn to fall down and get up, march in place and moving, beginning two foot glides & forward and backward sizzles.

Tot 2—(Ages 3-6) The tot skater will learn more advanced skating skills including forward pushes, one foot glides & beginning stopping.

Pre-Alpha 1— Ages 6+ For the beginner skater with no formal experience. Skaters will learn to properly fall and get up; forward skating skills and balance; two foot glides and beginning stopping.

Pre-Alpha 2— Ages 6+ The skater will learn more advanced skating; one foot glides, backward swizzles, snowplow stops, and other advanced skills.

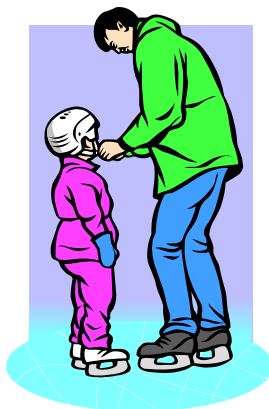
Alpha— The skater will begin to learn how to utilize edges, forward crossovers, clockwise & counterclockwise, one foot glides & begin backward skating skills.

Beta— The skater will learn skills including backward crossovers, clockwise and counterclockwise & T-stops.

Gamma/Delta— The skater will learn skills including forward inside & outside edges, forward outside 3 turns, mohawks, bunny hops, lunges and other skills.

Freestyle— This class is for all skaters who are in freestyle levels concentrating on learning jumps & spins. (Must complete Alpha through Delta/Gamma)

Teen/Adult Lessons— (Ages 13+) The skater will learn at their own pace advancing through basic, intermediate and advanced skating skills.



Learn to Skate—Hockey

Tot Hockey 1— (Ages 3-6) For the beginner hockey player with no formal experience. Skater will learn proper balance & skating skills including marching, two foot glides, forward swizzles & backward hustles.

Tot Hockey 2— Ages (3-6) The skater will concentrate on one foot glides, forward swizzles & stopping to improve skating ability.

Youth Hockey 1— Ages 6+ For the beginner hockey player with no formal experience. Skater will learn proper balance & skating skills including stopping, backward swizzles, forward stride & one foot glides.

Youth Hockey 2— Ages 6+ Skater will concentrate on improving their skating ability through skills such as hockey stops, forward crossovers, advanced strides & transitions.

Youth Hockey 3— Ages 6+ Skaters will concentrate on improving their skating ability through skills such as backward crossovers, hockey stops both ways (R/L), mohawks and other turns.

