

LEARN TO SKATE USA



26000 Lorain Road

North Olmsted, Ohio 44070

440-734-8200

www.north-olmsted.com

Winter II Session

February 19 – March 23, 2024

Registration: February 5, 2024

What do I need for class?

Skaters should be dressed warm because the rink is kept at 58°. Students should wear jackets, gloves/mittens and a hat. Beginning skaters should wear snow pants or nylon pants. All tots are required to wear gloves, long pants that are not jeans, hats or helmets. All other students should wear non-restrictive but not overly baggy clothing.

Rental Skates

Skates are the most important piece of equipment for skating. Poor quality skates will make it difficult for a student to be able to skate. Progress happens quicker with quality skates. The North Olmsted Recreation Department has the highest quality rental skates available in the area. If a student is skating less than three times a week it is suggested that the student rent skates. Rental skates are included in your class fee.

Last day of class

Students will receive a progress report and badges, if they passed the class, with a recommendation as to which class your skater should take next.

Questions

Your instructor is usually available before or after class to answer any questions that you may have. Miranda Hoy is the Learn to Skate Coordinator and Betsy Drenski is the Recreation Commissioner. They are both available to answer skating questions. Please contact us with any questions or concerns.

Shari Insley: insleys@north-olmsted.com

Betsy Drenski: drenskib@north-olmsted.com

US Figure Skating Fee

US Figure Skating requires that each Learn to Skate student pay an annual membership fee of \$17. This covers US Figure Skating materials, badges, books and insurance. This fee is effective from July 1, 2023 - June 30, 2024.

Pricing

Member: \$46

Resident \$54

Non-Resident \$63

Class	Day	Time
Parent and Tot	Tuesday	5:45 – 6:30 PM
	Saturday	9:00 – 9:45 AM
Snowplow Sam 1	Tuesday	5:45 - 6:30 PM
	Saturday	9:45 - 10:30 AM
Snowplow Sam 2	Tuesday	5:45 - 6:30 PM
	Saturday	10:30 - 11:15 AM
Snowplow Sam 3	Tuesday	5:45 - 6:30 PM
	Saturday	10:30 - 11:15 AM
Snowplow Sam 4	Tuesday	5:45 - 6:30 PM
	Saturday	10:30 - 11:15 AM
Basic 1	Tuesday	6:30 – 7:15 PM
	Friday	4:45 – 5:30 PM
	Saturday	11:15 – 12:00 PM
Basic 2	Tuesday	6:30 – 7:15 PM
	Friday	4:45 – 5:30 PM
	Saturday	12:00 – 12:45 PM
Basic 3	Tuesday	6:30 – 7:15 PM
	Friday	5:30 – 6:15 PM
Basic 4	Tuesday	6:30 – 7:15 PM
	Friday	5:30 – 6:15 PM
Basic 5	Tuesday	6:30 – 7:15 PM
	Friday	6:15 – 7:00 PM
Basic 6	Tuesday	6:30 – 7:15 PM
	Friday	6:15 – 7:00 PM
Pre-Freestyle	Tuesday	5:45 – 6:30 PM
	Thursday	4:45 – 5:30 PM
Freestyle 1	Tuesday	5:45 – 6:30 PM
	Thursday	4:45 – 5:30 PM
Freestyle 2-6	Tuesday	5:45 – 6:30 PM
	Thursday	5:30 – 6:15 PM
Adult	Tuesday	6:30 – 7:15 PM
Skills Clinic: Full Rotation Jumps	Friday	7:00 – 7:45 PM
Hockey Skills: Youth	Tuesday	5:45 – 6:30 PM
Hockey Skills: Teen and Adult	Tuesday	6:30 – 7:15 PM

The City of North Olmsted is proud to introduce the new "Learn to Skate USA" skating program for beginner, intermediate and advanced basic ice skaters of all ages. "Learn to Skate USA" is the official beginning skating program for US Figure Skating, USA Hockey and US Speed Skating. This program is especially unique to the Greater Cleveland area because not only do we offer innovative instruction that is both informative and motivational, we also include many extras.

Learn to Skate USA Class Descriptions

Parent and Tot - This is a great family program where skaters and parents learn together the basics of skating. Skaters advance from Parent & Tot to the Snowplow Sam classes. Ages 2.5 – 4 years old.

Snowplow Sam 1-4 – A beginner program is designed to make the skaters more comfortable and in control when they are on the ice. Snowplow Sam 1 introduces skills of marching across the ice, gliding, proper falls and standing techniques. Snowplow Sam 2 introduces swizzles, dips, and stronger forward and backward skating. Snowplow Sam 3 & 4 introduces backward swizzles, snowplow stops, and one-foot gliding. Ages 3 – 6 years old.

Basic 1 - Students learn proper falling and standing skills, forward and backward skating, two-foot glides, hopping, and beginning stops. Children learn to be comfortable on skates and really enjoy the ice. Recommended for figure skating and hockey.

Basic 2 - This class introduces one-foot glides, backward glides, backward swizzles, two-foot turns from forward to backward, and a moving snowplow stop. Recommended for figure skating and hockey.

Basic 3 - This class refines the correct use of the skate blade and includes forward stroking, backward one-foot glides, one-foot pumps, introduction to cross-overs, recommended for figure skating and hockey.

Basic 4 - This begins the advanced levels of basic skating. Skaters learn how to use both the inside and outside edges of the blade, forward cross-overs both clockwise and counter-clockwise, proper backward stroking, a backward snowplow stop and two-foot spins. Recommended for figure skating and hockey.

Basic 5 - This class begins backward cross-overs in both directions, 3-turns, the hockey stop, backward outside and inside edges on a circle, and a one-foot spin with up to 3 revolutions. Recommended for figure skating and hockey.

Basic 6 - This class includes advanced turns, T-stops, bunny hops, spirals and lunges. Recommended for figure skating and hockey.

Pre-Freestyle and Freestyle – A combination of the skills of Basic 7 and Basic 8. This class will get the skater ready to move into higher level freestyle skills. Step sequences, one fit spins, waltz jumps, half flip and toe loop are covered.

Freestyle 2-6 - For those skaters who want to progress to the advanced levels of figure skating. All of the basic jumps, spins and footwork to become a competitive figure skater are covered while working on the Freestyle 2-6 badges.

Adult - Skills to be introduced are falling, recovery, forward strides, glides, backward skating, two-foot glides, and forward chasses. Beginning and Advanced classes available – each class is customizable to work on the skills you would like to improve on.

Skills Class: Full Rotation Jumps - Skaters will learn proper skill development and training techniques while sampling different skating opportunities and fine-tuning their fundamental skating skills. Skaters will work on full rotation jumps including flip, loop, lutz, salchow, toe loop, and combinations of these jumps. For those ready, students will also work on introductory axel activities. The Axel is the first skating jump that requires more than one revolution and is the stepping stone to more complicated double jumps. Skaters must have passed Freestyle 1 to take this class.

Hockey Skills Workshop - For this introductory class, skaters can wear full equipment. Both the Youth and Adult classes will consist of edge work drills to improve balance and control. The use of inside and outside edges implemented whenever a player chooses to move off a flat. The use of edges provides bite into the ice, allowing for power, increased speed, turning ability, and passing ability. Specifically, skaters will work on Inside outside edges on both feet; ability to turn on inside and outside edges with one and both feet; transition forward to backward skating; cross overs. **Youth skaters need to have pass snowplow Sam 4 or Basic 1 to take this class.**