

# Ice Skating Lessons and Clinics



Red Mountain Park, Crested Butte South Pond

Ice skating instruction is \$70 for the season.

Clinics begin December 27 and 29, and go thru February 21, 2012.

- 1) **Beginners** -Tuesday's 4:00 - 5:00 pm -This class is for ages 3-7 and beginners. Students work on falling, marching, gliding, and moving forward and backward. Each child must wear gloves and a helmet for protection. Students will also learn forward stroking, forward crossovers in both directions, and a simple stop.
- 2) **Level II** - Thursday 4:00 - 5:00 pm - Students who pass all the Alpha skills now work on backward stroking and backward crossovers in both directions, plus a T-stop with each foot. Students begin to work on two different kinds of turns (forward outside edge 3-turns and inside Mohawks), as well as a hockey stop. Each child must wear gloves and a helmet for protection. Students progressing quickly will work on inside edge 3-turns, forward edges, bunny hops, lunges, and shoot-the-ducks.
- 3) **Freestyle Levels** - This is where you go once you have mastered all the basic levels. There are 10 levels which all include different jumping, spinning, and footwork maneuvers. Private Lessons available for \$45 per hour. Please contact us if you are interested in participating.

Helmets are required. Skates need to be sharp. Pads suggested.  
All classes are taught by IFIA Certified Instructor Alex Lambro.

Laney Giannone and Emma Lambro  
5 Person Minimum sign-up

**General Information:** Please stop by CB South P.O.A. Office and pick up a registration form, waiver, and pay fees. All fees must be paid and turned in before classes start. If we have enough sign up, we will add more sessions. If you have any questions or want to contact



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- 5) **Level II** - Tuesday's 4:45 - 5:30 - Students who pass all the Alpha skills now work on backward stroking and backward crossovers in both directions, plus a T-stop with each foot. Students begin to work on two different kinds of turns (forward outside edge 3-turns and inside Mohawks), as well as a hockey stop. Each child must wear gloves and a helmet for protection. Students progressing quickly will work on inside edge 3-turns, forward edges, bunny hops, lunges, and shoot-the-ducks.
  
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