

ICE WORLD

Maryland's Premier Ice Skating and Hockey Facility



HOCKEY SKATING LESSONS

Welcome to Ice World's skating lesson program for hockey players. This program is for skaters ages 4 and up. Skaters will learn the fundamentals of skating for hockey and will be able to advance to Hockey Basics upon completion of this program.



- ◆ Six Weekly Sessions-Professional Instruction
- ◆ 1/2 Hour Lesson and 1/2 Hour Practice Weekly
- ◆ Classes Grouped by Age and Ability
- ◆ Free Skate Rentals
- ◆ Three Free Passes to Public Sessions
- ◆ Hockey Helmet Highly Recommended
- ◆ Please visit www.learntoskateusa.com to receive your member number

\$115

* A \$5 late fee will be added to anyone who does not register at least 5 days before the first day of lessons.

* Additional family members registering for the same series receive a 10% discount on the extra class.

* Please note that there are **NO MAKE-UP CLASSES. REFUNDS SUBJECT TO A \$25 REGISTRATION FEE.**

* For more information, please contact: **Sarah McKahan** at 410-612-1000 x101.

Parent's Name _____ Child's Name _____
 Address _____ City _____ State _____ Zip _____
 Work Number _____ Home Number _____ Child's DOB _____
 Email Address _____
 Learn to Skate USA # _____ (REQUIRED)

Hockey Skating Lesson Registration Form

Tuesdays 11:00 am—12:00 pm

- Series 4 Feb. 21—Mar. 28, 2017
- Series 5 Apr. 4—May 9, 2017

Wednesdays 5:50-6:50 pm

- Series 4 Mar. 1—Apr. 5, 2017
- Series 5 Apr. 12—May 17, 2017

Level: 1 2 3 4

Tuesdays 6:00—7:00 pm

- Series 4 Feb. 21—Mar. 28, 2017
- Series 5 Apr. 4—May 9, 2017

Saturdays 9:00—10:00 am

- Series 4 Feb. 18—Mar 25, 2017
 - Series 5 Apr. 8—May 20, 2017*
- *NO CLASS April 15, 2017

Skating Experience:

- Never skated
- Skated little/ No lessons
- Previous lessons

METHOD OF PAYMENT:

CREDIT CARD* CHECK (# _____) Cash

*If Credit, Circle One: Visa M/C Discover Amex # _____

Exp. Date: _____ Security Code: _____

On-Line Registration Now Available!

Get the link on the Home page or the Youth Programs page at www.iceworld.com

Cashier/Office Use:
 Amt. pd _____ Initials _____ Date _____

Send Check, Payable to "ICE WORLD"

1300 Governor Court
 Abingdon, MD 21009
 For further information call
 Sarah McKahan
 @ 410-612-1000x101 or
skating@iceworld.com
 Fax: 410-612-1004

ASSUMPTION OF RISK AGREEMENT AND RELEASE:

Upon entering events sponsored by Ice World &/or agents or affiliates, I/We agree to abide by the rules of Ice World as currently published. I/We understand and appreciate that participation or observation of ice skating constitutes risk of serious injury or death. I/We voluntarily and knowingly recognize, accept and assume this risk and release Ice World, Ice Partners Maryland, LLC, Sponsors, or event organizers and officials from any and all liability therefore. I hereby grant permission to the Ice Partners Maryland, LLC doing business as "Ice World" to photograph and or videotape my child/me and use any photographs or videos they may take of my child/me on its web site or in other official printed or televised publications (including press releases, advertisements, or application forms) without further consideration or permission from me. I understand that these photographs or electronic matter are the property of Ice World. I hereby waive any right to inspect or approve the photographs or electronic matter that may be used in conjunction with the photographs or videos now or in the future, whether that use is known to me or unknown. I also waive any right to royalties or other compensation arising from or related to the use of the photographs or videos.

DATE: _____ By: _____

(Signature of guardian required for minors under age 18)

www.iceworld.com

Ice World's Hockey Skating Lesson Classes

Hockey 1

Falling and recovery to a balanced, standing position
Proper basic hockey stance (Forward and Backward)
March Forward across the ice, 8-10 steps
Two-foot glides and dips from forward marching across the ice
Forward swizzles / double c-cuts (4 to 6 in a row)
T-Push to a two-foot glide (hold 2-4 seconds) on a straight line, alternating feet
Snowplow Stop, stationary

Hockey 2

Forward strides using 45 degree V-Push
Forward one-foot push and glide (right and left)
Forward C-Cuts
Backward hustle or march, then glide on two feet
Backward swizzles / double c-cuts (4 to 6 in a row)
Backward C-Cuts, single leg (right and left) and alternating feet (right and left) in a straight line
Two-foot moving Snowplow stop

Hockey 3

Lateral crossover march (both directions)
Forward C-Cuts (1/2 swizzle pumps) on a circle, both directions
Forward outside edges on half circles (large C's)
Forward inside edges on half circles (large C's)
Backward C-Cuts (1/2 swizzle pumps) on a circle, both directions
Backward snowplow stops: One foot and two feet V-stop
One-foot moving snowplow stop (Right and Left), introduce 1/4 turn with hips to hockey stop

Hockey 4

Quick starts using forward V-Start
Backward one-foot glide, right and left
Forward Crossover glides (clockwise and counter-clockwise)
Backward Crossover glides (clockwise and counter-clockwise)
Forward Crossovers on circle, clockwise and counterclockwise (4-6 each)
Backward crossovers on circle, clockwise and counterclockwise (4-6 each)
Hockey Stops (stopping to the left and to the right, with speed)