

SKATING CLASSES GENERAL INFORMATION

222 25th Ave. N., Nashville, TN 37203, 615-862-8480, www.CentennialSportsplex.com

WELCOME! We have classes for you, the brave (or timid) first-time skater or the more accomplished skater. Our classes follow the Ice Skating Institute (ISI) class and testing structure from beginning through the Freestyle 5 test level. (www.IceSkatingInstitute.com.) We also offer specialized classes, practice sessions, and private training for recreational and serious competitors competing in ISI and USFS competitions!

■ SAVE TIME. HELP KEEP COSTS DOWN. REGISTER ONLINE!

■ PARENTS—SKATE!

Learn while your child is learning! Classes are at the same time! Succumb to the allure of the ice (and the cheaper family rate)!

■ DO YOU KNOW WE OFFER . . . ?

- A special Multi-class (more than one class per week) discount
- A 50% Sportspass discount for one-year Sportsplex members
- Scout badge testing
- Custom designed classes for any group or organization
- An Early Registration discount

■ CLASSES

▶ Mini-Cub Classes

Skaters **3 years old** learn to stand, fall and move. Games and toys are used to make learning **fun!** *NOTE: Children this age must be accompanied by a parent, in skates, on the ice (sorry).*

▶ Cub Classes

Skaters **4–5 years old**, like the Mini-Cub classes, learn to stand, fall, and move while using toys and games to make learning **fun!** Test Levels are Button Levels 1–5 and ISI Tot 1–4.

▶ Max Classes

These classes are for children **6–12 years old**. Levels: beginning through Delta. The beginning classes are for you if you have not skated before or had formal instruction. Also, start here if you want to play hockey. You'll learn correct basic technique. Test Levels are Button Levels 1–5 and ISI Pre-Alpha–Delta.

▶ Mighty Max Classes

Beginning to intermediate level adults ages **13–113** learn the basics from the beginning or learn anew after skating as a child. Also, start here if you want to play hockey. Realize your goals (maybe your dreams) from beginning through Freestyle 5 levels.

▶ Edges, Etc.

This class incorporates edgework, Moves In The Field, and stroking technique combined with choreography and style. Use your edges, have fun, and improve your presentation! For skaters ages 6+ who have passed the Beta test or above.

▶ It Figures

Where the "Figure" in Figure Skating comes from. Experience the challenge of one of the original figure skating forms—the eight and its variations. Learn the tricks of true edge control. For skaters 6+ who've passed the Delta test or above.

▶ Provoked to Stroke

Proper stroking technique improves strength, endurance, speed, and balance. This class emphasizes open stroking, cross-over, turn, and edge technique in drills and patterns. Are you provoked now? 6+.

▶ Hockey Skating Skills

For hockey players 6–12 who have played at least one year of hockey and are interested in improving their skating skills—starts, stops, transitions, and speed. Beginning skaters should register for a Max class, instead (sorry). No equipment.

■ PRIVATE LESSONS

We recommend private lessons to **supplement group class instruction**, especially for freestyle level skaters. Instructors set their own schedules, lengths (typically 15–60 min.), and fees (approx. \$36.00–\$66.00/hr. payable directly to the instructor). **Fees cover instruction, only—NOT Public Session admission, practice session fees, or skate rental.**

■ MAKE UPS AND ATTENDANCE

No need to call! To **make up** a class you've missed, attend a similar class at another time. See [class schedule](#). Of course, for better progress, don't miss your regular classes. Arrive 30 minutes early for each of your classes to have time to get your rental skates, lace them up, and warm up off ice.

■ RECOMMENDED ATTIRE

- Regular loose, warm street or workout clothing.
- Gloves
- Warm (though not bulky) jackets or sweaters
- Helmets (or soft knit hats), soft elbow and knee pads for beginners
- Very thin socks, tights, or nylons

■ RENTING SKATES

Wear one pair of thin socks, tights, or nylons—**no thick socks**. Unlike street shoes, ice skates must fit **tightly** to avoid the "wobbly" (ankles). Toes should touch or nearly touch the end of the skate boots. If the lace opening shrinks as you lace, the boots may be too big. For narrow or wide feet, ask a staff member for sizing help. Sometimes, trial and error is necessary.

After choosing a pair of skates that fits properly, **record or remember the number** written on the sole and always ask for that pair **by number**. Requesting skates by number gets you on the ice quicker and you won't have to adjust your skating to a different pair of skates each time.

■ PURCHASING SKATES

Make an appointment with Keneth Langley, our *Skating School Director*, who sells and maintains skates suitable for the skaters in our skating school. Before buying from Mr. Langley, or from anyone else, be sure to ask him or your instructor for advice. There are differences in skating equipment. Use your time, money, and talent wisely to *Skate Your Best!*

■ PRACTICE

We recommend practicing more than once per week. **Note:** all practices are unsupervised. *Some preschool-age children may not yet be able to skate by themselves.* You may skate the practice after a class **only** if you're **enrolled** in that class—these practices are **free**.

If you are not a Sportsplex member, request a **Practice Scan Card**. Use this card for **free** admission and skate rental for the sessions below.

- ▶ **BASIC OPEN PRACTICES**—Freestyle 3 level and below.
- ▶ **FREESTYLE PRACTICES**—Delta level or above.
[See separate [Practice Sessions](#) brochure for full information about the above sessions and other types of sessions.]
- ▶ **PUBLIC SESSIONS**. For everyone.
See separate [Public Session Schedule](#).

If you do not use your Practice Card to skate the above sessions, you must purchase and use **Practice Session Stickers**, pay **regular admission fees**, pay **walk-on fees**, or use your **Sportsplex Membership card**. Confused now?

■ PROGRESS AND EVALUATION

At the end of each series, your instructor will evaluate your progress. If you are willing and ready to complete a test successfully, your instructor will test you on the Centennial Sportsplex Button Levels or Ice Skating Institute (ISI), www.ice skatinginstitute.com, learn-to-skate program test structure. Skaters progress at their own rates. You may need more than one series to pass each level, but that is okay.

The ISI learn-to-skate program is a fun recreational ice skating program for all ages and abilities. You'll learn basic and advanced skating skills and earn colorful badges for each completed level. Want to perform in a show or competition? ISI hosts and endorses competitions and shows at the Centennial Sportsplex and in skating arenas across the country.

■ BUTTON LEVELS

Level 1

Falling Down & Getting Up
Forward Marching
Backward Marching
Swizzle Standing Still (turn feet in and out)
Two-Foot Glide

Level 2

Dip Standing Still (bend down low)
Forward Zig-Zag
Forward Swizzle (learn to push!)
Skateboard Circle (similar to a swizzle)
Airplane Curve (learn to lean on your edges)

Level 3

Backward Zig-Zag
Backward Swizzle
Dip Moving
Forward Alternating Swizzle

Level 4

Two-Foot Turn (from forward to backward)
One-Foot Glide
Peg-Leg Pete (onto toe, then onto skate)
T-Push (learn the T-position)

Level 5

Crossovers Standing Still (cross your feet)
Circle One-Foot Glide
Skate Lacing
Element Sequence (put elements together)

■ ISI TEST LEVELS

Levels and maneuvers lists for each type of skating can be found by following this link:

http://www.skateisi.com/site/sub.cfm?content=testing_requirements#9

Details for each maneuver can be found in the current edition of the *ISI Skaters & Coaches Handbook*.

■ COMPETITIONS

Yes, you can participate (by skating or *helping*)! Ice Skating Institute (ISI) endorsed competitions are recreational team competitions in which each skater can earn points for their rink's team. Skaters compete against those of their own sex, level, and age.

We are hosting the 25th Annual Centennial Sportsplex ISI Invitational competition February 20th and 21st. We strongly encourage everyone to enter! Others, including the ISI World Championships, are held in various locations year round. See *Recreational Ice Skating Magazine* (included with your ISI membership) or www.ice skatinginstitute.com. Ask your instructor for more details and to help you plan ahead (especially for Asia).

Ice skating competitions are **major undertakings**, which we can only host (without too many problems) with the help of many kind **volunteers**. This is a perfect opportunity for you to experience the fun and excitement of hosting a large ice skating competition. **We need you** before the competition, during the competition, or *both!* Help make our competition run smoothly. Complete a [volunteer form!](#)

See competition information: www.nashville.gov/sportsplex/isicompetition.htm. Competition results: www.nashville.gov/sportsplex/comp_results.htm

■ ICE SHOWS & EXHIBITIONS

Participate in our **Holiday Show December 20th, 2009** and our **Spring Show May 16th, 2010**. ISI endorsed! Everyone in the skating school is eligible to skate! Shows and exhibitions are **fun** and they improve your **skating skills!**

■ COMPETITIVE SKATING

- Attend basic and advanced practice sessions (freestyle, dance, and connecting moves) during which you can practice your competitive or show programs and receive private or semi-private training.
- Take private lessons.
- Enroll in specialized advanced classes, such as Chance To Dance, Provoked To Stroke, and Edges, Etc.
- Arrange for skating video analysis.
- Train on the jump harness.
- Skate in shows.
- Enter competitions!

■ MANAGEMENT STAFF

Frank Wright, *Ice Rink Manager*, 615-862-8480, x243,
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John Holmes, *Superintendent of Parks*, 615-862-8480,
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■ FOR MORE INFORMATION . . .

Keneth Langley, *Skating School Director*,
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■ TO REGISTER . . .

Use the online form: secure.nashville.gov/sportsplex/class_reg.htm

