

RoseGarden Learn-to-Skate



and Future Stars Programs

Most skaters get their earliest training in a "group lesson" environment. This is a very cost-effective way to begin a journey onto the ice -- whether the journey will ultimately move towards figure skating, hockey, speed skating, or just plain recreational skating. Generally, learn-to-skate programs will have class sizes ranging from 5-20 students. The rink offers a range of classes appropriate to a wide range of ages and initial skill levels. Because the costs of the ice and the instructor's fees are spread out over a number of students, the fees are usually quite reasonable.

In the United States, there are 2 primary "programs" of learn-to-skate instruction, depending on the affiliation of your rink. Some rinks utilize both programs to afford their skaters the opportunity to participate in both organizations.

All of the programs develop similar skillsets. They start at the very beginning (fall, get up, stand on the ice), and progress through strong edges, front and back crossovers, stops and turns. Students completing the fundamental sequence in any program will be ready to move onto advanced training in whatever discipline they chose.

Each of the listed programs offers several "grades" or levels. Usually, each level will encompass approx. 8 weeks of instruction with lesson time of about 30 minutes per week. In most programs, the skaters are tested by their instructors or the director during the final week of a session and are either advanced to the next level or retained for further development.

After Learn to Skate, skaters move on to our competitive program called Future Stars. This class prepares skaters for competitive training and incorporates dry land training, on ice drills, technical skating, and programs set to music as part of the curriculum.

Figure skaters generally move into private lessons with a rink approved coaching professional when they are ready to move to a more advanced level of training or when they would like to supplement Future Stars classes. Often, the professional they chose for individual instruction will be one they have met and come to know through the learn-to-skate program. Parents and skaters both should take

advantage of this opportunity to evaluate and develop a relationship with potential future instructors.

Once a skater has a private coach, decisions regarding competitions, testing, music choices, etc will go through the private coach. Skaters may still participate in rink programming with the coaches approval.

Learn to Skate USA	This is the program RoseGarden uses for their Learn to Skate/Tots programs. Skaters are responsible to go to www.learntoskateusa.com to purchase a membership in order to participate in RoseGarden programs. The membership year runs from July 1-June 30 of each calendar year. The levels are Basic 1-6, Snowplow 1-4 for Tots, and Hockey 1-5. Once skaters have passed Basic 2, they are eligible to move to Hockey Learn to Skate. Once a skater passes Basic 3 they are eligible for our Future Stars training program. All skaters must graduate Future Stars once they pass Basic 6. The rink will provide all skaters in our Learn to Skate/ Tots with an ISI membership. ISI may send reminders for renewal, but if you continue to register for rink programs, the rink will automatically renew you.
ISI	Once skaters have completed the levels listed above, skaters will receive a program and start their ISI testing and competition track through our Future Stars program. The RoseGarden Ice Arena provides all skaters with their annual membership if they are enrolled in instructional programs (Future Stars, production, Synchro, etc) The membership year runs from Sept 1-Aug 31 annually. ISI may send reminders for renewal, but if you continue to register for rink programs, the rink will automatically renew you. Our Freestyle program requires all skaters to have a current ISI membership. If you are not participating in rink instructional programs (private lessons only), you are required to purchase your ISI membership. ISI Memberships can be purchased at the box office or at www.skateisi.com.