Skating School Instruction Resumes February 6

Our experienced instructors teach skating skills with encouragement and positive reinforcement. Classes are held at the Northbrook Sports Center in a progressive sequence. New skaters receive an email with information about what to expect on the first day of class. This includes details about clothing and skate rentals. At this time, spectators are not allowed. Parents are allowed to tie skates and drop skaters off, but then must leave.

Winter Session: February 6-April 10
No class dates: March 20-28
Skating Makeup Classes: Makeups will not be allowed. Refunds will not be provided for missed classes.

Toddler through Advanced

Experienced instructors introduce basic through advanced skating skills to younger skaters in an encouraging, positive atmosphere.

Toddler I
Falling down/getting up, marching in place/moving, dip, backward wiggles

Basic I
Falling down/getting up, marching in place and moving, dip, 2-foot glide, backward wiggles

Basic II
Push and glide stroking, gliding dip, forward swizzles, introduction to 1-foot glides and backward swizzles

Advanced
Forward stroking with longer glides, 1-foot glides on the circle (both feet), backward swizzles with movement and flow, introduction to forward crossovers, snowplow stop

Pre-Alpha through Delta

Introduction to the fundamentals of figure skating, focusing on basic skating, edges, turns and specific skills required for all Pre-Freestyle levels.

Pre-Alpha I
Beginning skaters learn basic skills while incorporating some elements from higher levels. 2-foot glides,1-foot glides (both feet), forward swizzles, backward wiggles, introduction to backward swizzles. Skaters must be able to fall, stand up, and support themselves without assistance.

Pre-Alpha II
Skaters prepare for more advanced forward skating. Longer 1-foot glides/ straight line and on the circle,1st and 2nd position on the circle (both directions), forward swizzles with movement/flow, backward swizzles, introduction to snowplow stops.

Alpha I
Skaters will learn forward stroking, forward crossovers in both directions, introduction to two foot turns, and snowplow stops.

Alpha II
Skaters perfect forward stroking, forward crossovers in both directions, two foot turns and backward pumps in both directions and snowplow stops.

Beta I
Skaters learn backward stroking, backward crossovers in both directions, introduction to backward outside mohawks, and t-stops left and right.

Beta II
Skaters perfect backward stroking, backward crossovers in both directions, backward outside mohawks, and t-stops left and right.

Gamma
Forward outside 3 turns (left and right), forward mohawks (left and right), forward edges (outside and inside), hockey stops.

Delta
Forward and backward 3 turns (inside and outside skated in sequence in both directions), forward and backward edges, inside and outside, bunny hops, lunges and/or shoot the duck.

Northbrook Sports Center Skating School Instruction

TODDLER I WITH PARENT

3 Years Old

30 minutes of instruction are followed by an optional 30-minute practice session for an additional $5 per session.

Code	Days	Times	Dates	#	Res	Non-Res
15177	Th	9:30am-10am	2/11-4/8	8	$125	$159

TODDLER I

3 Years Old

Code	Days	Times	Dates	#	Res	Non-Res
15182	Sa	9am-9:30am	2/6-4/10	8	$125	$159
15195	Sa	Noon-12:30pm	2/6-4/10	8	$125	$159
15142	M	4pm-4:30pm	2/8-4/5	8	$125	$159

BASIC I WITH PARENT

4 Years Old

30 minutes of instruction are followed by an optional 30-minute practice session for an additional $5 per session.

Code	Days	Times	Dates	#	Res	Non-Res
15178	Th	1pm-1:30pm	2/11-4/8	8	$125	$189

BASIC I

4 Years Old

Code	Days	Times	Dates	#	Res	Non-Res
15184	Sa	9am-9:30am	2/6-4/10	8	$125	$159
15197	Sa	Noon-12:30pm	2/6-4/10	8	$125	$159
15143	M	4pm-4:30pm	2/8-4/5	8	$125	$159

BASIC II

4 Years Old

Prerequisite: Must pass Basic I

Code	Days	Times	Dates	#	Res	Non-Res
15185	Sa	9am-9:30am	2/6-4/10	8	$125	$159
15198	Sa	Noon-12:30pm	2/6-4/10	8	$125	$159

ADVANCED

4 Years Old

Prerequisite: Must pass Basic II/Intermediate

Code	Days	Times	Dates	#	Res	Non-Res
15183	Sa	9am-9:30am	2/6-4/10	8	$125	$159
15196	Sa	Noon-12:30pm	2/6-4/10	8	$125	$159

PRE-ALPHA I

5-13 Years Old

Code	Days	Times	Dates	#	Res	Non-Res
15188	Sa	10:30am-11:10am	2/6-4/10	8	$149	$189
15144	M	4pm-4:40pm	2/8-4/5	8	$149	$189
15157	Tu	4pm-4:40pm	2/9-4/6	8	$149	$189

PRE-ALPHA II

5-13 Years Old

Prerequisite: Must pass Pre-Alpha I

Code	Days	Times	Dates	#	Res	Non-Res
15189	Sa	10:30am-11:10am	2/6-4/10	8	$149	$189
15145	M	4pm-4:40pm	2/8-4/5	8	$149	$189
15159	Tu	4pm-4:40pm	2/9-4/6	8	$149	$189

ALPHA I

5-13 Years Old

Prerequisite: Must pass Pre-Alpha II

Code	Days	Times	Dates	#	Res	Non-Res
15190	Sa	10:30am-11:10am	2/6-4/10	8	$149	$189
15147	M	4:40pm-5:20pm	2/8-4/5	8	$149	$189
15161	Tu	4pm-4:40pm	2/9-4/6	8	$149	$189

ALPHA II

5-13 Years Old

Prerequisite: Must pass Alpha I

Code	Days	Times	Dates	#	Res	Non-Res
15191	Sa	10:30am-11:10am	2/6-4/10	8	$149	$189
15146	M	4:40pm-5:20pm	2/8-4/5	8	$149	$189
15162	Tu	4pm-4:40pm	2/9-4/6	8	$149	$189

BETA I

5-13 Years Old

Prerequisite: Must pass Alpha II

Code	Days	Times	Dates	#	Res	Non-Res
15192	Sa	11:10am-11:50am	2/6-4/10	8	$149	$189
15148	M	4:40pm-5:20pm	2/8-4/5	8	$149	$189
15163	Tu	4:50pm-5:30pm	2/9-4/6	8	$149	$189

BETA II

5-13 Years Old

Prerequisite: Must pass Beta I

Code	Days	Times	Dates	#	Res	Non-Res
15193	Sa	11:10am-11:50am	2/6-4/10	8	$149	$189
15149	M	4:40pm-5:20pm	2/8-4/5	8	$149	$189
15165	Tu	4:50pm-5:30pm	2/9-4/6	8	$149	$189

GAMMA/DELTA

5-13 Years Old

Prerequisite: Must pass Beta II/Gamma

Code	Days	Times	Dates	#	Res	Non-Res
15186	Sa	9:30am-10:20am	2/6-4/10	8	$175	$225
15194	Sa	11:10am-Noon	2/6-4/10	8	$175	$225
15150	M	5:30pm-6:20pm	2/8-4/5	8	$175	$225
15169	Tu	4:50pm-5:40pm	2/9-4/6	8	$175	$225

LOW POWER CLASS - BETA - FS II

5-13 Years

Strengthen your overall skating skills. Improve power, edge quality, speed and endurance in this exciting class. Exercises and drills are performed to music.

Code	Days	Times	Dates	#	Res	Non-Res
15199	Sa	12:30pm-1pm	2/6-4/10	8	$125	$159

Northbrook Sports Center Skating School Instruction

Freestyle Skating

Instruction follows the official guidelines set by the Ice Skating Institute (ISI). The prerequisite is Delta level. Refer to the ISI Handbook for detailed information about Freestyle tests.

FS I
Waltz jump, 1 half-flip, 2-foot spin, forward pivot, forward spiral, backward edges

FS II
Ballet jump, Waltz jump, tap toe, 1 half-flip combination, 1 half-lutz, 2 different forward spirals on edges, 1-foot spin

FS III
Salchow, toe loop or toe walley, change foot spin, backward spiral on an edge, back pivot (outside or inside)

FS IV
Flip jump, loop jump, 1 half-loop, 2 backward spirals (left & right), sit spin

FS V
Axel jump, lutz jump, camel spin, combination spin, back scratch spin

FS VI
Double salchow, split jump, split falling leaf, jump combination, combination spin, layback or sit-change-sit spin

FS VII
Double toe loop or toe walley, 2 walleys in sequence, spin combination, flying camel, jump sequence (one foot axel/one quarter flip/axel), jump in the opposite direction

FS VIII
Double loop jump, double flip, split lutz, flying sit or axel sit, jump sequence (one and one-quarter flip/one and one-quarter flip/double salchow), illusion or camel-jump-camel spin

FS IX
Double lutz, axel-double loop combination, arabesque/bauer/spread eagle combination, axel in the opposite direction or double axel (choice of), jump combination, flying camel into a jump sit spin

FS X
Double axel-double toe loop combination, triple edge jump, death drop, 4 alternating axels or triple toe, double jump (L and R) or triple toe-double loop, 3 Arabian cartwheels or butterfly jumps in a row (choice of one)

Code	Days	Times	Dates	#	Res	Non-Res
FREESTYLE I AND II						
6-17 Years Old						
Prerequisite: Must pass Delta/FS I						
15187	Sa	9:30am-10:20am	2/6-4/10	8	$175	$225
15151	M	5:30pm-6:20pm	2/8-4/5	8	$175	$225
15173	W	5:20pm-6:10pm	2/10-4/7	8	$175	$225
FREESTYLE III AND IV						
6-17 Years Old						
Prerequisite: Must pass FS II/FS III						
15179	Sa	8:10am-9am	2/6-4/10	8	$175	$225
15152	M	6:30pm-7:20pm	2/8-4/5	8	$175	$225
15175	W	5:20pm-6:10pm	2/10-4/7	8	$175	$225
FREESTYLE V						
6-17 Years Old						
Prerequisite: Must pass FS IV						
15180	Sa	8:10am-9am	2/6-4/10	8	$175	$225
15153	M	6:30pm-7:20pm	2/8-4/5	8	$175	$225
FREESTYLE V & UP						
6-17 Years Old						
Prerequisite: Must have passed the levels prior to FS V						
15176	W	5:20pm-6:10pm	2/10-4/7	8	$175	$225
FREESTYLE VI AND UP						
6-17 Years Old						
Prerequisite: Must have passed the levels prior to FS VI						
15181	Sa	8:10am-9am	2/6-4/10	8	$175	$225
15154	M	6:30pm-7:20pm	2/8-4/5	8	$175	$225