

Learn to Skate School Cook Ice Arena



**2009-2010
Program**

**11091 Mississippi Blvd.
Coon Rapids, MN 55433
(763)421-5035
City of Coon Rapids**



**Cook Ice Arena
11091 Mississippi Blvd. NW
Coon Rapids, MN 55433**

Dates

THE ICE SKATING INSTITUTE COMPLETE GRADED
PROGRAM OF LESSONS.

SESSION DATES

(TWO 12 WEEK SESSIONS)

MONDAY

SESSION 1 SEPTEMBER 21 - DECEMBER 14*

SESSION 2 JANUARY 4 - MARCH 22

*NO CLASS MON NOVEMBER 23

SATURDAY

SESSION 1 SEPTEMBER 19 - DECEMBER 12 *

SESSION 2 JANUARY 9 - MARCH 27

*NO CLASS SAT NOVEMBER 28

TESTING DATES

SESSION 1 SATURDAY DECEMBER 19

MONDAY DECEMBER 21

SESSION 2 MONDAY MARCH 29

ICE SHOW DATES

APRIL 23-25, 2010

Our Staff

Director: Karen Meck

Director since 1991, PSA Master Rated in MIF, Senior rated in Freestyle, also rated in figures and group lessons, Coach of USFS regional competitors & MN State Medalist.

Full Time Coaches:

Lisa Thomas - coaching since 1988, coach of ISI competitors.

Lisa O'Rourke - coaching since 1988.

Julie Dupre - coaching since 1992, coach of ISI & USFS Regional competitors, MN State Medalists, PSA accredited. National Exercise Trainers Association, Group Fitness Instructor, National Strength and Conditioning Association, Certified Personal Trainer.

Sarah Greising— Master of Science in Health & Human Performance from Canisus College, American College of Sports Medicine— Health Fitness Instructor, coaching since 1999.

Rebecca Johnson—coaching since 1999, coach of USFS competitors, PSA accredited

Ashley Hansen— coaching since 2004, coach of USFS Basic Skills Competitors, a PSA member.

Rhiana Brammeier— US Figure Skating Novice National Champion, USFS Gold Medalist MIF & Freestyle.

Alyssa Kyllonen— US Figure Skating Gold Medalist MIF & Freestyle.

Email- kmeck@coonrapidsmn.gov

Schedule

MONDAY

4:50-5:50PM Contract I (*see below)
6:00-6:30PM Pre Alpha(5+), Gamma, Low Spin
6:30-7:00PM Alpha, Beta & Delta
7:00-7:30PM Freestyle 1, 3 & 4
7:30-8:00PM Freestyle 2, 4.5, High Spin
8:00-8:10PM Resurface
8:10-8:40PM Moves In the Field
8:40-9:10PM Freestyle 5, 6+ & Beginning Adults

SATURDAY

8:30-9:40 AM US Figure Skating Jr. Club
9:40-10:25AM Contract II**-Freestyle Ice
10:25-10:35AM Resurface
10:35-11:05AM Tots (4/5 yrs), Alpha & Gamma
10:35-11:20 AM Off-Ice Class
11:05-11:35AM Pre Alpha (6 + Beginners),
Beta & Delta
11:35-12:05 PM Freestyle 1 & 2 combined
11:35-12:20 PM Contract III**-Freestyle Ice
12:25-1:10 PM Off-Ice Class

*Contract I Dates: Sept. 14, 21, 28 Oct 5, 12, 19 and 26.

** Contract II & III for Fall are 13 weeks long including the testing day Saturday December 19.

Website-www.cookicearena.com

Costs

SESSION I (12 WEEKS)

Classes are **\$117.00 for 12 weeks**

Off-Ice Class \$72.00

Contract Ice II or III \$143.00

Contract I is \$80.00

(Buy on cost for Contract is \$ 16.00 for each 45 min. session.
\$18.00 for each hour session. Off-Ice is \$7.50)

SESSION II (12WEEKS)

Classes are **\$117.00 for 12 weeks**

Off-Ice Class \$72.00

Contract Ice is \$132.00

(Buy on cost for Contract is \$ 16.00 each 45 min. session.)

Optional Payment Plan

Session payments maybe paid in 2 installments with a \$5.00 service charge. There is a 10 day grace period for each payment after which a \$10.00 late fee will be applied. Payment Deadlines:

Payment 1: 1/2 due with additional \$5.00 at time of registration.

Payment 2: 1/2 due on November 1 (Session 1), February 15 (Session 2)

Registration Note

Due to limited class size, we recommend mailing your registration early. Acceptance is on a first come basis. Pre Alpha, Alpha & Beta classes fill quickly. Confirmations will be sent by email only. Please make sure your email is correctly listed on the registration form. You will be notified if your class is full and placed on a waiting list. Class space is reserved with a registration form and payment. All registrations will be given a coupon for One Public Skating admission and also a coupon for Buy One and Bring One Free Public Skating admission during the class session. (Skate rental is included for guest)

Email- kmeck@coonrapidsmn.gov

Features

Ages and levels may be combined when classes do not fill.

Class time may change due to class size.

The **class size** is limited to 12 skaters (MIF or Spin classes may be larger.) Off-Ice class limit is 7 due to a small room.

Refunds will be given up to the second week (pro rated).

Practice time is available on the day of the lesson only. No friends or parents in the practice area.

Due to a large enrollment **make-up lessons** are not available.

Lessons **will not** be cancelled due to **weather**.

Sick/Injured Skater Policy: A copy of the sick/injured skater policy is available in the Pro Shop.

Ice Skating Institute Testing is available to those skaters wishing to earn their ISI badges. Tests will be given only at the end of each session. There will be a test fee of \$5.00 charged per test to cover the cost of patches and ice time.

All testing skaters must be an individual member of ISI to receive test badges. The cost is \$13.00 per year. Membership runs from September 1, 2009-August 31, 2010. For your convenience membership can be included with registration or contact the Cook arena office. (763-421-5035)

Website & email: www.cookicearena.com; Email- kmeck@coonrapidsmn.gov

Website-www.cookicearena.com

Ice Show

The Twentieth Annual Ice Fantasy Ice Show will be presented on April 23-25, 2010.

Skaters are grouped together by age and test level. Each group performs a program choreographed to music. Skaters may keep the costume purchased for their group. There is a separate fee for Ice Fantasy participation. The majority of this cost is to cover the purchase of the costume.

Any skating school member who is registered for Session II may participate in a **group number**. Practices begin March 13 or March 20 and run for five to six weeks.

A list of the Special Number Policies (Solos, duets, etc.) is available in the Cook Arena office. All skaters with Special Numbers must participate in both sessions.

Skaters who have passed Freestyle 1 by December 31, 2009 may participate in our Father/Daughter number. A separate registration form is available for this number.

Participation forms will be available in November and must be turned in Monday December 21, 2009. Please note registration forms are due before second session begins in January.

*******Please Note*******

All skaters wishing to participate in this year's Ice Show will be measured for costumes. The tentative dates are Monday December 7 & 14, Saturday December 12 & 19. Forms with payment will be collected at this time.

Practice Ice

MONDAY

6:00-7:00PM Pre Alpha-Delta

7:00-8:00PM Freestyle

(No practice for MIF& Spin)

Saturday

10:35-11:35AM Tots-Delta

1/2 hour of practice time is included with your class. Practice time must be skated on the same day as your class. You may practice during the time listed on the above schedule. No Parents or friends please.

Public Skating for everyone.

Wed & Fri. 11:00AM-1:00PM. Sunday 6:00-8:00 PM.
Cost \$3.00. *Public session are subject to cancellation for special events.

Contract Ice (extra practice ice)

Extra practice ice for figure skaters. It is available at an additional charge. The ice time known as "Contract Ice" is used as practice ice and time for private lessons.

Random Ice (extra practice ice)

Extra practice ice is available during the off-hockey season. It can be purchased in 1/2 hour increments for \$7.00 per hour. Ice time cards can be used to purchase morning ice at a discount, \$6.00 per hour.

Class Descriptions

Classes for Children 6 to 15 years old (Hockey & Figure Skates)

All Beginners & Tots should wear a helmet. Please dress warmly.

Pre Alpha(Beginners): Open to any skater new to the ISI program. No skating experience required. Skaters will be grouped according to ability and age.

Alpha : must have passed Pre Alpha.

Beta: must have passed Alpha.

Gamma: must have passed Beta.

Delta: must have passed Gamma.

Classes for Children 4 to 6 years old

Tot 1, 2, 3, 4 : open to any child with single blade skates. Tot classes cover the same material as Pre Alpha but classes are geared to the younger skater

Classes for Adults

Adults may register for their ISI test level class or any spin or MIF class. Beginners should contact the director for an evaluation to determine their class level. (763-421-5035)

Figure Skating Classes:

ISI Freestyle 1-6:

Open to any skater who has passed Delta. Skaters must pass the Freestyle tests in order (ie. 1, 2, 3, 4 ..) Freestyle 5 skaters must pass Cook's Freestyle 4.5 before enrolling in ISI FS 5.

Class Descriptions

Cook's Freestyle 4.5:

Cook's Freestyle 4.5 is for skaters passed ISI Freestyle 4. Skaters will work on elements to prepare them for ISI Freestyle 5.

MIF Class

Skaters must have passed the USFSA Pre-Preliminary Moves in the Field test and have not passed the USFSA Intermediate MIF test or have the Director's permission to participate in this class..

Spin Class

These classes give skaters the opportunity to work on a variety of spins beyond their ISI test level. **High Spin** is open to skaters who have passed Cook's FS 4.5 or have the director's permission. **Low/Int Spin** is open to skaters who have passed Freestyle 1.

Off-Ice Classes

Open to all skaters. This class will work on the proper way to warm-up before skating, body alignment & core strength exercises. As well as jumping exercises and some conditioning.

US Figure Skating (Junior Club) Edges

A group edge class using the whole ice surface combined with some jumping & spinning in a 45 minute lesson. An off-ice warm-up is included. Skaters may join US Figure Skating (USFS) to test and compete. Skaters participating in the Junior Club Sept-March are eligible to be in the junior club ice show number. A separate brochure is available from the skating school director.