



# HOCKEY LADDER

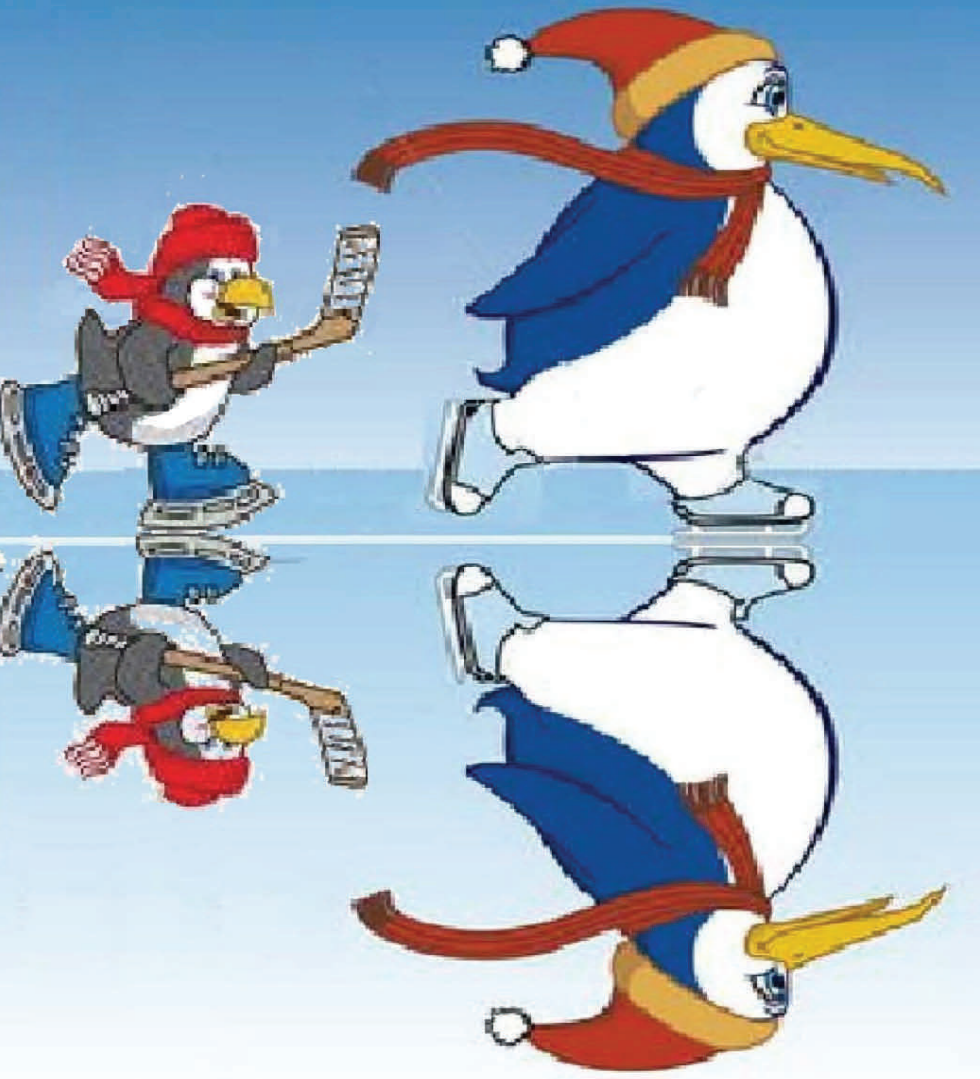


- A Friendly Reminder to Participants:**
- Please be appropriately dressed and ready at least 5 minutes before the start of class.
  - If parents need to discuss issues with the instructors, please wait until the end of the class.
  - Please be respectful of all instructors.
  - This program is instructional in nature so please bring an inquisitive mind. The norm will be learning the fundamentals first.
  - We are striving to provide a safe, healthy and fun environment for all to learn hockey and skating skills.
  - If you have feedback that you feel cannot be addressed in our end-of-program survey feel free to contact us directly.

## Skating Programs 2011-12

### Feel the Thrill of the Chill at the Howelsen Ice Arena

- Youth & Adult Learn to Skate
- Initiation to Hockey
- Parent-Tot Playgroup
- Adult Power Skate
- Youth Beg. Hockey Skating



285 Howelsen Parkway P.O. Box 775088, Steamboat Springs , CO 80477  
 Courtney Q. Gill 879-4300 X 340, Fax 871-8294  
 Ice Information 879-0341, [www.steamboatsprings.net/recreation](http://www.steamboatsprings.net/recreation)

**Youth Learn to Skate**  
 If space is available, there will be a \$15 late fee assessed for registrations received on/after start date. There will be no pro-rating of session fees.

**All Other Programs**  
 Registration will be accepted on a first-come, first-serve space available basis.



**Refund Policy**  
 Our policy entitles participants to a refund if they become *dissatisfied* with any Ice Arena sponsored program's content. Refunds may be pro-rated from the time of complaint forward with a \$5 processing fee. Please see the Skating Director, Courtney Gill to complete a refund request form and your refund will be mailed to you. Scheduling conflicts do not apply.

## Youth Learn To Skate Program

Howelsen Ice Arena's group skating lessons follow the U.S. Figure Skating Association's "Skate with US" program which is the beginning skating program that is fun, challenging and rewarding while enabling skaters of all ages to learn the fundamentals of skating and begin a lifetime commitment to health and fitness. The program has 8 levels of basic skills followed by basic specialized programs in freestyle. The minimum age for this program is 4 years old. First time participants should enroll in Basic 1. Past participants should use previous session report card to determine their enrollment level. Children in Basic 5-8 and Freeskate 1-6 will skate on 1/3 ice from 4:30-5pm. The registration fee includes instruction, United States Figure Skating Association membership, skills record book, and badges for each level completed.

**Cost: \$66/7 weeks or \$74/8 weeks**

**Tuesday 4-4:30pm Basic Skills 1-4**

**4:30-5pm Basic Skills 5-8, Freeskate 1-6**

**Wednesday 4-4:30pm Basic Skills 1-8**

**Price includes skate rental for class and a punch card for 8 additional public skate sessions.**

## Youth Beginner Hockey Power Skate

Participants must have passed Basic 1 of Learn to Skate, in hockey skates, to enroll in this class. Participants will skate on 1/3 ice and the curriculum is designed to teach the fundamentals of hockey skating. Skaters will learn to maneuver faster and be more agile on the ice. All elements will be taught without a stick or puck as proper skating techniques are the primary focus. Skaters will learn the necessary fundamentals to be successful in game situations. This class is recommended to take prior to Initiation to Hockey.

**Cost: \$66/7 weeks or \$74/8 weeks, Tuesdays 5-5:30pm**

**Price includes skate rental for class and a punch card for 8 additional public skate sessions.**

## Youth Initiation to Hockey

Participants must be STABLE (stand without help) and ABLE (skate forward and stop), passing BASIC 2 of Learn to Skate, in hockey skates, or gone thru the Youth Beginner Hockey Skating Program. If the participant does not meet these requirements please sign up for Learn to Skate. Four levels of instruction will help players improve both hockey skills and self confidence. The program focuses primarily on basic skills-skating, puck handling, passing and shooting which are introduced and refined in a "step by step" manner. Players are soon proficient enough to have fun while they play. Please see bottom of page for equipment checklist.

**Cost: \$66/7 weeks or \$74/8 weeks, Tuesday or Wednesday 4-4:30pm**

**Price includes skate rental for class and a punch card for 8 additional public skate sessions.**

## Hockey Equipment Rental

The City of Steamboat Springs, along with USA Hockey, now has a hockey equipment rental program available to Initiation to Hockey participants. Each rental bag includes all the necessary hockey gear you need to try the fun sport of hockey without the initial cost of equipment. Each rental bag includes (2) shin pads, shoulder pads, (2) elbow pads, pants, (2) gloves, a helmet with a cage and a bag. There is a limited number of rentals based on a first come first serve bases. **Bags can be rented one session for \$15 or all four sessions for \$50.** There is a strict rental agreement so please see the skating director for more details.

### Required Youth Hockey Equipment:

Skates  
Elbow pads

Shin guards  
Helmet w/mask

### Highly recommended equipment:

Mouth guard  
Shoulder pads  
Hockey pants

## Parent-Tot Playgroup

### Children must be 2.5 years old (30 months) to participate

This playgroup program is designed to teach children ages 2.5 - 4 years old, along with their parents, the basic skills of ice skating and being comfortable on the ice. We achieve this by drawing pictures on the ice, using toys and stuffed animals, and playing games. This is a great opportunity for parents and tots to socialize with people of similar interests while spending quality time together. Class is followed by a public skate session which is included in the cost of the class.

**Cost: \$40/6 weeks, Thursdays 11:00-11:30am**

**Price includes skate rental for class.**

## Adult Learn To Skate

This class is for never-ever skaters and is designed to teach adults the basics of ice skating. Lessons are conducted in a group format and follows the U.S. Figure Skating Association's "Skate with US program". Skills taught include forward & backward skating, stopping, turning and crossovers. Class is followed by a public skate session which is included in the cost of the class.

**Cost: \$58/7 weeks, Thursdays 12-12:30pm**

**Price includes skate rental for class and a punch card for 7 additional public skate sessions.**

## Adult Hockey Power Skate

The goal of this skating class is to teach skaters to improve their power and speed. Skills taught: explosive speed, forward and backward strides, crossovers and cornering, stops and starts, and balance and agility. The class will be offered during public skate. Skaters can register for a session or on a drop-in basis.

**Cost: \$40/4 weeks, Thursdays 12:45-1:30pm**

**Price includes skate rental for class and a punch card for 3 additional public skate sessions.**

