

# ICE SKATING LESSONS

## Schedule:

### *Sunday Afternoons:*

*Session 1: December 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup> (Make-up December 30<sup>th</sup>)*

*Session 2: January 6<sup>th</sup>, 13<sup>th</sup>, and 27<sup>th</sup> (Make-up February 3<sup>rd</sup>)*

*Session 3: February 17<sup>th</sup>, March 3<sup>rd</sup>, March 24<sup>th</sup> (Make-up March 31<sup>st</sup>)*

## Time:

**2:15-2:45pm**    *Preschoolers, ages 3-5 years*

**2:45-3:15pm**    *Ages 6 years & up, Levels 1 & 2*

**Level 1** – learn to get up unassisted, forward skate, glide on two feet, snowplow stop and one-foot glides

**Level 2** – learn backward skating, forward crossover and turning from forward to backward

## Cost:

**\$45.00 for each 3 lesson session**

## Location:

Holleder Center, Tate Rink, Bldg. 714

**\*PARKING MUST BE DONE IN A LOT\***

## Instructor:

Annemarie Darling

## Equipment:

**\*Ice Skates** (NO DOUBLE RUNNER SKATES)

and Helmet recommended (bicycle helmet is okay)

**\*NO SKATE RENTAL IS AVAILABLE!**

Ice skates may be purchased at the following locations:

Wal-mart, Target, etc.



***\*Our time on the ice is very limited. Please have your child ready to go on the ice at 2:15 or 2:45 and be prepared for them to come off the ice at 2:45 or 3:15. Please do not bring any food or drink, other than water, to the rink. Thank you for your cooperation!\****

***\*Please note: Participants who have not yet entered the sixth grade, must have a parent or designated guardian who remains on-site during the class.\****

All Students must have a CURRENT CYS Membership on file at Parent Central before registering for class.

Registration may be done on Webtrac: [webtrac.mwr.army.mil/webtrac/westpointcys.html](http://webtrac.mwr.army.mil/webtrac/westpointcys.html)

A Webtrac ID can be obtained by contacting Parent Central.

***\*As per the Department of the Army Fee Guidance, refunds are not authorized for withdrawal from a instructional program.\****

**West Point Child & Youth Services**

**Instructional Program, 938-3208**

**Parent Central, 938-4458/0939**

[www.westpoint.armymwr.com](http://www.westpoint.armymwr.com) or [goo.gl/jXnm1j](https://goo.gl/jXnm1j)

