

quick facts

AGES 3 and older (*start of session*)

LOCATION Carlson Ice Arena
OFF-ICE LOCATION Studio 1 & 2

REGISTRATION ends 1 week prior to start of session (*or when capacity is reached*)

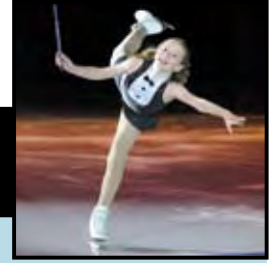
How to get started

- 1 Register for a Learn to Skate class.
- 2 Arrive at the rink at least 15 minutes before your scheduled group lesson.
- 3 Check in at the Learn to Skate table.
- 4 Go to the skate counter to get a pair of skates, and put them on.
- 5 For the first class, meet your instructor in the lobby at the designated area.
- 6 Pay attention in class and ask questions if you don't understand a skill.
- 7 Have fun!

What to wear

Dress for warmth, including long pants and a jacket. Sweatpants or warm-up pants are ideal (no jeans). Remember to bring gloves and a hat. Hair should be secured neatly off the face. Bring tennis shoes and bottled water in a gym bag for off-ice.

new! LEARN TO skate



figureSKATING (Ages 3-16)
easier more affordable more fun!

We have revamped our Learn-to-Skate program, making it *easier* to register, *more affordable*, and *more fun!* Our program provides a fun and safe skating experience for the beginner as well as the more advanced skater. Plus, our program allows all participants to achieve the skills necessary to either skate for fun the rest of their lives or to participate competitively. We offer a variety of program options, including: lessons, skill development, ice shows/performances, and competitions.

Easier to Understand Level System! Our color-coded Beginner, Intermediate, and Advanced level structure makes our level system easier for parents and participants to understand. New skaters will be evaluated on the first day of class and placed in the appropriate level based on age and ability. Returning skaters will be placed based on previous level completed.

Lower Cost! We've reduced the cost of our lessons and increased class time to 60 minutes so skaters are getting more training for less. (30 minutes on-ice + 30 minutes off-ice)

More Lesson Time! All lessons include FREE off-ice training as part of every class to help develop strength, balance, prevent injuries, and to help skaters improve their on-ice skills at a quicker pace. Off-ice training program created by Gymnastics Academy of Rockford and endorsed by the Rockford Skating Club.



about our program:

- Our programs use the nationally recognized *US Figure Skating Basic Skills Program*, and fees include *USFS* membership. Each participant receives two free 30-minute freestyle sessions.
- Classes meet once a week, and skates are provided for all levels.
- The minimum class size is 6 skaters. We reserve the right to combine classes with fewer than 2 skaters.
- Skaters progress at their own rate, moving on to the next level only after required elements are mastered. All levels may be repeated until the requirements are met. The Rockford Park District reserves the right to move any skater between levels.
- Badges are presented as skaters complete each level of the program.
- If you need to miss your regular class, you can make it up if it is offered another time during the week. If not, you can use one of your freestyle session passes to practice.



Gymnastic Academy of Rockford

6630 Spring Brook Road
Rockford, IL 61114
815-654-3867




- Preschool Gymnastics
- Girls Gymnastics
- Tumbling
- Trampoline
- Cheerleading
- Boy's Sports Readiness

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Registration

- Home School Physical Ed
- Martial Arts

New  motion evolution

- Off Ice Training For Ice Skaters
- Dance for All Ages

Home of National and World Champions...Past...Present...Future

new! LEARN TO skate

rocky's GREEN GLIDERS

For beginning skaters (Ages 3–16) & (7–16)

Includes the following USFS-sanctioned Basic Skills levels:

Tot 'N Me, Snowplow Sam 1–3, Basic 1–2

Green Gliders lessons include 30 minutes of on-ice instruction, followed by 30 minutes of off-ice training. This level is designed to help skaters develop preliminary coordination and strength to maneuver on the ice. Focused on improving balance, the **new off-ice** portion of each lesson uses fun games and activities aligned with the skills being taught on the ice. This off-ice training is part of every class to help develop strength, balance, prevent injuries, and to help skaters improve their on-ice skills at a quicker pace.

- Green Gliders Skill Focus:**
- Sit and stand up on the ice
 - March in place
 - Backward wiggles
 - Two-foot hop in place
 - Forward skating
 - Forward glide
 - Forward snowplow stop

New skaters will be evaluated on the first day of class and placed in the appropriate level based on age and ability. Returning skaters will be placed based on previous level completed.

Resident \$50.00

Non-resident \$55.00

NOTE: Parents/guardians of children ages 3-6 who have no previous skating experience may need to accompany their child on the ice during the first few lessons. Skates are required for everyone on the ice, and will be provided at no additional cost.



Ages 3–6

THURSDAYS

Sept 9–Oct 14, 10 | 12:30–1:35 pm

ID# 85125-11 Ages 3–6

THURSDAYS

Sept 9–Oct 14, 10 | 5:30–6:35 pm

ID# 85125-12 Ages 3–6

SATURDAYS

Sept 11–Oct 16, 10 | 10:00–11:05 am

ID# 85125-13 Ages 3–6

THURSDAYS

October 21–December 2, 10 | 12:30–1:35 pm

ID# 85125-21 Ages 3–6

No class on Nov 25, 10

THURSDAYS

October 21–December 2, 10 | 5:30–6:35 pm

ID# 85125-22 Ages 3–6

No class on Nov 25, 10

SATURDAYS

Oct 23–Dec 4, 10 | 10:00–11:05 am

ID# 85125-23 Ages 3–6

No class on Nov 27, 10

THURSDAYS

Jan 6–Feb 10, 11 | 12:30–1:35 am

ID# 85125-31 Ages 3–6

THURSDAYS

Jan 6–Feb 10, 11 | 5:30–6:35 am

ID# 85125-32 Ages 3–6

SATURDAYS

Jan 8–Feb 12, 11 | 10:00–11:05 am

ID# 85125-33 Ages 3–6

Ages 7–16

THURSDAYS

Sept 9–Oct 14, 10 | 5:30–6:35 pm

ID# 85125-14 Ages 7–16

SATURDAYS

Sept 11–Oct 16, 10 | 10:00–11:05 am

ID# 85125-15 Ages 7–16

THURSDAYS

Oct 21–Dec 2, 10 | 5:30–6:35 pm

ID# 85125-24 Ages 7–16

No class on Nov 25, 10

SATURDAYS

Oct 23–Dec 4, 10 | 10:00–11:05 am

ID# 85125-25 Ages 7–16

No class on Nov 27, 10

THURSDAYS

Jan 6–Feb 10, 11 | 5:30–6:35 pm

ID# 85125-34 Ages 7–16

SATURDAYS

Jan 8–Feb 12, 11 | 10:00–11:05 am

ID# 85125-35 Ages 7–16

7th Annual
Cranberry Classic

CARLSON ICE ARENA COMPULSORY & FREE SKATING

EVENT HELD NOV 7, 2010 | ENTRY DEADLINE SEPT 25, 10

SNOWPLOW SAM—PRELIMINARY LEVELS • PART OF THE ILLINOIS BASIC SKILLS SERIES

INQUIRIES Contact Brigitte Carlson Roquet
CALL 815-969-4073 • **E-MAIL** BrigitteCarlson@rockfordparkdistrict.org
FAX 815-636-1370

Approved by the United States Figure Skating Association

new! LEARN TO skate

rocky's SILVER SPINNERS

Intermediate skaters (Ages 5–16)

Includes the following USFS-sanctioned Basic Skills levels: Basic 3–8. Skaters will be placed in the appropriate level based on previous level completed.

PRE-REQUISITE: completion of Rocky's Green Gliders

Silver Spinners lessons include 30 minutes of on-ice instruction, followed by 30 minutes of off-ice training. Upon completion of this level, skaters will have the basic knowledge of the sport, enabling them to advance to the more specialized areas of skating.

Focused on improving balance, core strength and flexibility, the new off-ice portion of each lesson uses fun games and activities aligned with the skills being taught on the ice. This off-ice training will ultimately help your child progress through levels faster.

Silver Spinner Skill Focus:

- Forward skating
- Backward skating
- Stops
- Edges
- Crossovers
- Turns
- Mohawks

Resident \$50.00
 Non-resident \$55.00

THURSDAYS
 Sept 9–Oct 14, 10 | 6:05–7:10 pm
 ID# 851140-11 Ages 5-16

SATURDAYS
 Sept 11–Oct 16, 10 | 10:35–11:40 pm
 ID# 851140-12 Ages 5-16

THURSDAYS
 Oct 21–Dec 2, 10 | 6:05–7:10 pm
 ID# 851140-21 Ages 5-16
 No class on Nov 25, 10

SATURDAYS
 October 23–December 4, 10 | 10:35–11:45 am
 ID# 851140-22 Ages 5-16
 No class on Nov 27, 10

THURSDAYS
 Jan 6–Feb 10, 11 | 6:05–7:10 pm
 ID# 851140-31 Ages 5-16

SATURDAYS
 Jan 8–Feb 12, 11 | 10:35–11:40 am
 ID# 851140-32 Ages 5-16

rocky's BLUE JUMPERS

Advanced skaters (Ages 5–16)

Includes the following USFS-sanctioned Basic Skills levels: Freeskate 1–6

PRE-REQUISITE: completion of Rocky's Silver Spinners

Blue Jumpers lessons include 30 minutes of on-ice instruction, followed by 30 minutes of off-ice training. These classes are designed to give skaters a strong foundation on which to build up their skills, whether they choose to pursue a recreational or competitive approach to the sport of figure skating.

Focused on improving balance, core strength, flexibility and endurance, the new off-ice portion of the lesson uses fun games and activities aligned with the skills being taught on the ice. This off-ice training will ultimately help your child progress through levels faster.

Blue Jumpers Skill Focus:

- Moves in the Field
- Spins
- Dance/footwork sequence
- Jumps

Resident \$50.00
 Non-resident \$55.00

THURSDAYS
 Sept 9–Oct 14, 10 | 6:40–7:45 pm
 ID# 851141-11 Ages 5-16

THURSDAYS
 Oct 21–Dec 2, 10 | 6:40–7:45 pm
 ID# 851141-21 Ages 5-16
 No class on Nov 25, 10

THURSDAYS
 Jan 6–Feb 10, 11 | 6:40–7:45 pm
 ID# 851141-31 Ages 5-16

EVENT HELD
 3 pm | DEC 11, 2010
ENTRY DEADLINE
 OCT 30, 2010



TAKE PART IN
 OUR 7TH ANNUAL
 SHOWCASE, HELD
 AT RIVERVIEW
 ICE HOUSE

INQUIRIES Contact Brigitte Carlson Roquet
CALL 815-969-4073 • **E-MAIL** BrigitteCarlson@rockfordparkdistrict.org • **FAX** 815-636-1370

6th Annual
Shamrock
open
 MARCH 13, 2011

new! SKILL development

Rocky's freestyle (All ages)

Come practice your figure skating skills on the ice once a week! Open to all ages and skill levels.

NOTE: Instruction and supervision is not provided. Private lessons are available on request. Ask the learn to skate table for prices.

Resident\$30.00
Non-resident.....\$30.00

851121-11 TUESDAYS
Sept 7–Oct 12, 10 | 5:50–6:20 pm

851121-21 TUESDAYS
Oct 19–Nov 30, 10 | 5:50–6:20 pm
No class on Nov 23, 10

851121-31 TUESDAYS
Jan 4–Feb 8, 11 | 5:50–6:20 pm

851121-12 TUESDAYS
Sept 7–Oct 12 | 6:20–6:50 pm

851121-22 TUESDAYS
Oct 19–Nov 30, 10 | 6:20–6:50 pm
No class on Nov 23, 10

851121-32 TUESDAYS
Jan 4–Feb 8, 11 | 6:20–6:50 pm

Rocky's circuit class (All ages)

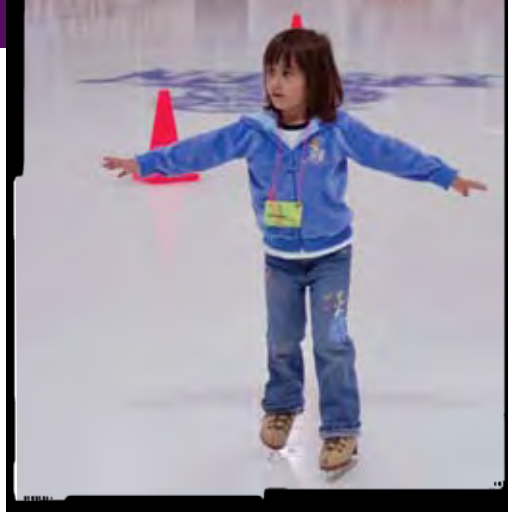
Struggling with just one skill? Want to progress faster through your level? This class will provide you with the attention you need to nail the skill you've been struggling with. Games and props will be used to make learning fun. Must be enrolled in the Learn to Skate program to participate.

Resident \$50.00
Non-resident..... \$55.00

ID# 851158-11 SATURDAYS
Sept 11–Oct 16, 10 | 11:10–11:40 am

ID# 851158-21 SATURDAYS
Oct 23–Dec 4, 10 | 11:10–11:40 am
No class on Nov 27, 10

ID# 851158-31 SATURDAYS
Jan 8–Feb 12, 11 | 11:10–11:40 am



Rocky's power (All ages)

This class is a fun way to enhance your skating speed and control. Open to all ages and levels.

Resident \$30.00
Non-resident..... \$30.00

ID# 851180-11 TUESDAYS
Sept 7–Oct 12, 10 | 5:20–5:50 pm

ID# 851180-21 TUESDAYS
Oct 19–Nov 30, 10 | 5:20–5:50 pm
No class on Nov 23, 10

ID# 851180-31 TUESDAYS
Jan 4–Feb 8, 11 | 5:20–5:50 pm

new! PERFORMANCE & COMPETITION training

Rocky's performing arts on ice (Ages 5–16)

Express yourself on the ice, in a group, and practice your skills all at the same time. This class will cover theatre on ice, artistry in motion, free skating, and synchronized skills. Class participants will perform in the opening number of Snow on Ice, Summer Showcase, and the Spring Ice Show. Costume, registration, and other fees for shows and competitions not included.

Resident\$50.00
Non-resident.....\$55.00

PRE-REQUISITE: completion of Rocky's Green Gliders

ID# 851155-11 TUESDAYS
Sept 7–Oct 12, 10 | 5:50–6:20 pm

ID# 851155-21 TUESDAYS
Oct 19–Nov 30, 10 | 5:50–6:20 pm
No class on Nov 23, 10

ID# 851155-31 TUESDAYS
Jan 4–Feb 8, 11 | 5:50–6:20 pm

Rocky's winter classic (Ages 3–Adult)

Training + In-house Competition

This introductory training program allows skaters to focus on three elements from their current level and practice them in a one-minute program format on half-ice to prepare for competition. Simple tips and what to expect in a competition will also be covered. Skaters who complete this program are invited to participate at no additional charge in Rocky's Winter Classic, a new in-house competition for Learn-to-Skate participants, to be held on Tuesday, December 14. All participants receive an award! **Competition is not open to private lesson skaters.**

Resident \$65.00 Non-resident \$70.00

ID# 451197-11 TUESDAYS
Sept 7–Oct 12, 10 | 6:20–6:50 pm

ID# 451197-12 THURSDAYS
Sept 9–Oct 14, 10 | 6:40–7:10 pm

ID# 451197-13 SUNDAYS
Sept 11–Oct 16, 10 | 10:35–11:05 am

ID# 451197-21 TUESDAYS
Oct 19–Nov 30, 10 | 6:20–6:50 pm
No class on Nov 23, 10

ID# 451197-22 THURSDAYS
Oct 21–Dec 2, 10 | 6:40–7:10 pm
No class on Nov 25, 10

ID# 451197-23 SATURDAYS
Oct 23–Dec 4, 10 | 10:35–11:05 am
No class on Nov 27, 10

ID# 451197-30 TUESDAY
Dec 14, 10 | 5:50–6:50 pm