

SKATING CLASSES GENERAL INFORMATION

222 25th Ave. N., Nashville, TN 37203, 615-862-8480, www.CentennialSportsplex.com



WELCOME! We have classes for you, the brave (or timid) first-time skater or the more accomplished skater. Our classes follow the Ice Skating Institute (ISI) class and testing structure from beginning through the Freestyle 5 test level. (www.IceSkatingInstitute.com.) We also offer specialized classes, practice sessions, and private training for recreational and serious competitors competing in ISI and USFS competitions!

■ SAVE TIME. HELP KEEP COSTS DOWN. REGISTER ONLINE!

■ PARENTS—SKATE!

Learn while your child is learning! Classes are at the same time! Succumb to the allure of the ice (and the cheaper family rate)!

■ DO YOU KNOW WE OFFER . . . ?

- A special Multi-class (more than one class per week) discount
- A 50% SportsPass discount for one-year Sportsplex members
- Scout badge testing
- Custom designed classes for any group or organization
- An Early Registration discount

■ CLASSES

▶ Mini-Cub Classes

Skaters **3 years old** learn to stand, fall and move. Games and toys are used to make learning *fun!* *NOTE: Children this age must be accompanied by a parent, in skates, on the ice (sorry). It is free for the parent, though.*

▶ Cub Classes

Skaters **4–5 years old**, like the Mini-Cub classes, learn to stand, fall, and move while using toys and games to make learning *fun!* Test Levels are Button Levels 1–5 and ISI Tot 1–4.

▶ Max Classes

These classes are for children **6–12 years old**. Levels: beginning through Delta. The beginning classes are for you if you have not skated before or had formal instruction. Also, start here if you want to play hockey. You'll learn correct basic technique. Test Levels are Button Levels 1–5 and ISI Pre-Alpha–Delta.

▶ Mighty Max Classes

Beginning to intermediate level adults ages **13–113** learn the basics from the beginning or learn anew after skating as a child. Also, start here if you want to play hockey. Realize your goals (maybe your dreams) from beginning through Freestyle 5 levels.

▶ Edges, Etc.

Want to 'bridge' from group classes to more advanced skating? This class is for you. Learn advanced turns such as twizzles and brackets; learn Moves In the Field patterns; and be introduced to Curry-style moves that help you skate with more expression and grace. For skaters ages 6+ who have passed the Gamma test or above.

▶ Chance to Dance

Ice Dance emphasizes musicality, edge work, footwork, posture, and extension. While learning basic ice dance steps, patterns, and timing, you increase power and strengthen edges. And, you get to dance to the strange music! There's a good 'chance' you will improve your skating overall. For skaters 6+ who have passed the Delta test or above.

▶ Provoked to Stroke

Proper stroking technique improves strength, endurance, speed, and balance. This class emphasizes open stroking, cross-over, turn, and edge technique in drills and patterns. Are you provoked now? 6+.

▶ Hockey Skating Skills

For hockey players 6–12 who have played at least one year of hockey and are interested in improving their skating skills—starts, stops, transitions, and speed. Beginning skaters should register for a Max class, instead (sorry). No equipment.

▶ Off-Ice Conditioning

An introduction for skaters of all levels to basic stretching and off-ice jump techniques. Students will learn routines for off-ice exercise and stretching to improve their body position awareness and athleticism.

▶ Intro to Synchro

Synchronized Skating is the fastest growing discipline in figure skating! It was a demonstration sport at the 2002 Winter Olympic Games in Nagano, and may become an official Olympic sport in the near future. Together, skaters perform routines to music, usually 3–4 minutes in length, which include transitions, such as circles, pinwheels, lines, blocks, etc. For skaters ages 6+ who have passed the Alpha test or above.

■ PRIVATE LESSONS

We recommend private lessons to **supplement group class instruction**, especially for freestyle level skaters. Instructors set their own schedules, lengths (typically 15–60 min.), and fees (approx. \$36.00–\$66.00/hr. payable directly to the instructor). *Fees cover instruction, only—NOT Public Session admission, practice session fees, or skate rental.*

■ MAKE-UP AND ATTENDANCE

No need to call! To **make up** a class you've missed, attend a similar class at another time. See [class schedule](#). Of course, for better progress, don't miss your regular classes. Arrive 30 minutes early for each of your classes to have time to get your rental skates, lace them up, and warm up off ice.

■ RECOMMENDED ATTIRE

- Regular loose, warm street or workout clothing.
- Gloves
- Warm (though not bulky) jackets or sweaters
- Helmets (or soft knit hats), soft elbow and knee pads for beginners. We strongly recommend helmets for ages 3–5.
- Very thin socks, tights, or nylons

■ RENTING SKATES

Wear one pair of thin socks, tights, or nylons—**no thick socks**. Unlike street shoes, ice skates must fit **tightly** to avoid the "wobbly" (ankles). Toes should touch or nearly touch the end of the skate boots. If the lace opening shrinks as you lace, the boots may be too big. For narrow or wide feet, ask a staff member for sizing help. Sometimes, trial and error is necessary.

After choosing a pair of skates that fits properly, **record or remember the number** written on the sole and always ask for that pair **by number**. Requesting skates by number gets you on the ice quicker and you won't have to adjust your skating to a different pair of skates each time.

■ PURCHASING SKATES

Make an appointment with Keneth Langley, our *Skating School Director*, who sells and maintains skates suitable for skaters in our skating school. Before buying from him, or anyone else, be sure to ask him or your instructor for advice. There are differences in skating equipment. Use your time, money, and talent wisely!

■ CARE OF SKATES

Walk on rubber areas only—not in the lobby, on metal ramps, or on the wooden bleachers. Also, keep your skates from clicking together or knocking together when you carry them.

■ PRACTICE

Be sure to use your **free 30-minute practice** after your class, if available. (Note, however, some preschool-age skaters may not yet be able to skate by themselves. If you are a parent of a skater of this age, you may skate with your child during this practice.)

Practice extra. Use your **seven free** admissions and skate rentals for the appropriate sessions below. After you use them all, just buy more or pay admission each time.

- ▶ **BASIC OPEN FIGURE SKATING PRACTICES**—Freestyle 3 level and below in figure skates. Unsupervised. See separate [Figure Skating Practice Sessions](#) brochure for full information.
- ▶ **FREESTYLE FIGURE SKATING PRACTICES**—Delta level or above in figure skates. Unsupervised. See separate [Figure Skating Practice Sessions](#) brochure for full information. [If you skate the above two session types, be sure you are familiar with the [Figure Skating Practice Session Rules](#).]
- ▶ **PUBLIC SESSIONS**. For everyone. See separate [Public Session Schedule](#).

■ PROGRESS AND EVALUATION

At the end of each series, your instructor will evaluate your progress. If you are willing and ready to complete a test successfully, your instructor will test you on the Centennial Sportsplex Beginning Levels or Ice Skating Institute (ISI), www.IceSkatingInstitute.com, learn-to-skate program test structure. You progress at your own rate. You may need more than one series to pass each level, which is perfectly okay.

The ISI learn-to-skate program is a fun recreational ice skating program for all ages and abilities. You'll learn basic and advanced skating skills and earn colorful badges for each completed level. ISI hosts and endorses competitions and shows at the Centennial Sportsplex and in other skating arenas across the country.

■ SPORTSPLEX BEGINNING LEVELS

Level 1

Falling Down & Getting Up
Forward Marching
Backward Marching
Swizzle Standing Still (turn feet in and out)
Two-Foot Glide

Level 2

Dip Standing Still (bend down low)
Forward Zig-Zag
Forward Swizzle (learn to push!)
Skateboard Circle (similar to a swizzle)
Airplane Curve (learn to lean on your edges)

Level 3

Backward Zig-Zag
Backward Swizzle
Dip Moving
Forward Alternating Swizzle

Level 4

Two-Foot Turn (from forward to backward)
One-Foot Glide
Peg-Leg Pete (onto toe, then onto skate)
T-Push (learn the T-position)

Level 5

Crossovers Standing Still (cross your feet)
Circle One-Foot Glide
Skate Lacing
Element Sequence (put elements together)

■ ISI TEST LEVELS

Levels and maneuvers lists for each type of skating: http://www.skateisi.com/site/sub.cfm?content=testing_requirements#9

Details for each maneuver can be found in the current edition of the ISI *Skaters & Coaches Handbook*.

■ COMPETITIONS

Yes, you can participate (by skating or *helping*)! Ice Skating Institute (ISI) endorsed competitions are recreational team competitions in which each skater can earn points for their rink's team. Skaters typically compete against those of their own gender, level, and age.

We host the **Annual Centennial Sportsplex ISI Invitational competition the third weekend of February**. We strongly encourage *everyone* to enter! Other competitions, including the ISI World Championships, are held in various locations year-round. See *Recreational Ice Skating Magazine* (included with your ISI membership) or www.IceSkatingInstitute.com. Ask your instructor for more details and to help you plan ahead (especially for Asia!).

Ice skating competitions are **major undertakings**, which we can only host (without too many problems) with **help**. We need your help! This is a perfect opportunity for you to experience the fun and excitement of hosting a large ice skating competition. **We need you** before the competition, during the competition, or *both*! Help make our competition run smoothly. Complete a [helper form](#)!

See competition information: www.nashville.gov/sportsplex/isicompetition.asp. Competition results: www.nashville.gov/sportsplex/comp_results.asp

■ ICE SHOWS & EXHIBITIONS

Participate in our annual **Holiday Show the third Sunday of December** and our annual **Spring Show the third Sunday of May**. ISI endorsed! Everyone in the skating school is eligible to skate! Shows and exhibitions are **fun** and they improve your **skating skills**!

■ COMPETITIVE SKATING

- Attend basic and advanced practice sessions (freestyle, dance, and connecting moves) during which you can practice your competitive or show programs and receive private or semi-private training.
- Take private lessons.
- Enroll in specialized advanced classes, such as Chance To Dance, Provoked To Stroke, and Edges, Etc., Ballet, and Off-Ice Conditioning
- Arrange for skating video analysis.
- Train on the jump harness.
- Skate in shows.
- Enter competitions!

■ MANAGEMENT STAFF

Frank Wright, *Ice Rink Manager*, 615-862-8480, x243, frank.wright@nashville.gov
John Holmes, *Superintendent of Parks*, 615-862-8480, x241, john.holmes@nashville.gov

■ FOR MORE INFORMATION . . .

Keneth Langley, *Skating School Director*, keneth.langley@nashville.gov

■ TO REGISTER . . .

Use the online form: http://www.nashville.gov/sportsplex/ice_fig_reg.asp

