

Summer Skate at USM!



Keep Kool! Ages 3-14

Level: Beginner through advanced

Join the "Big Chill" in the Polly and Henry Uihlein Ice Arena at University School of Milwaukee. Beat the heat and learn how to ice skate at the same time. No ice-skating experience necessary. Ice skating activities include games, mazes, snowball toss, ice art, strength and conditioning, skills, and drills.

 $3:45\ PM-4:30\ PM$ class will focus on learn to skate & learn to play hockey $4:30\ PM-5:15\ PM$ class will focus on learn to skate & advanced figure skating

June 14 - July 21

Tuesdays/Thursdays

3:45 PM - 4:30 PM 4:30 PM - 5:15 PM

Fee: \$274 | \$264 before April 15

Keep Kool! For Adults Ages 18+

A fun and positive experience that will instill or help you continue a lifelong love of skating. The adult curriculum is designed for both beginning and experienced ice skaters. The class will focus on a variety of beginner to advanced skills: fitness, balance, body alignment, coordination, agility, and increased stroking power.

June 14 - July 19

Tuesdays

5:30 PM – 6:15 PM

Fee: \$142 | \$132 before April 15

Hockey Tots & Power Hockey Ages 4-8

Level: Learn to Play, Atoms, Mites

Learn to Skate Ages 3-14

Figure or Hockey Skating

Prerequisites: Basic skating skills with confidence and backwards skating

Footwork, agility, edge control and coordination, fast starts and acceleration, crossovers and endurance, tricks and turns. Each day ends with a hockey game.

Session 1: August 8 – 12

1A: 9 AM – 10:30 AM 1B: 11 AM – 12:30 PM

Session 2: August 15 – 19

2A: 9 AM - 10:30 AM 2B: 11 AM - 12:30 PM

Session 3: August 22 - 26

3A: 9 AM – 10:30 AM 3B: 11 AM – 12:30 PM

Fee: \$235 | \$225 before April 15

Session 1: August 8 – 12

1A: 1 PM - 2:30 PM 1B: 3 PM - 4:30 PM

Level: Beginner through advanced, including advanced figure skating

Prerequisites: Beginner skaters must be able to stay upright on skates without assistance. Skaters also must be able to use the bathroom without assistance (if needed, teachers can help remove the outer layer and wait outside the open restroom door).

Areas of focus: Basic skating skills, games and activities, balance and coordination, stroking and edges, spins and jumps, rhythm and power, and choreography will be featured. Figure skaters plan their own programs and show them on the last day of camp and all skaters will have the chance to show what they've learned the last day of camp.

Session 2: August 15 – 19

2A: 1 PM - 2:30 PM 2B: 3 PM - 4:30 PM

Session 3: August 22 - 26

3A: 1 PM – 2:30 PM 3B: 3 PM – 4:30 PM

Fee: \$235 | \$225 before April 15

Learn more and register at <u>USM.org/Summer</u> beginning late March





