

Group Class Descriptions

Parent and Tot– Children 4-5 years of age: A special time for parent or caregiver and child to enjoy ice-skating / group instruction. Adult must know how to skate. 1 adult per child

Tots 1 - Ages 4-6 Beginner: Balancing on single blade skates; Proper way to fall; Proper way to get up; Marching across the ice into a two-foot glide.

Tots 2 - Ages 4-6 previously taken lessons and passed Tot 1: Forward Swizzle; One-Foot Glide on each foot; Backward Wiggle; dips; Two-Foot Jump in Place; Snow- Plow Stop.

Super Tots- Ages 4-6 Passed tot 2 and ready for crossovers. Forward stroking. Crossovers in both directions. Backward skating

Pre-Alpha - Ages 7 & older Beginner, never skated before (Same class as tot 1 just older students:
Forward Stroking; Two-Foot Glide; One-Foot Glide (Right & Left); Forward Swizzle; Backward Wiggle; Backward Swizzle.

Alpha – Ages 7 & older Passed Pre-Alpha or Super Tots level: Forward Stroking; Forward Crossovers, Right over Left & Left over Right; One-Foot Snow Plow Stop.

Beta - Passed Alpha level Backward Stroking; Backward One-Foot Glide (Right & Left); Backward Crossovers, Right over Left & Left over Right; T-Stops, Right Foot Outside Edge; Left Foot Outside Edge.

Gamma - Passed Beta level: Right Forward Outside 3-Turn (One Foot Turn); Left Forward Outside 3-Turn (One Foot Turn); Right Forward Inside Open Mohawk Combination; Left Forward Inside Open Mohawk Combination; Hockey Stop.

Delta - Passed Gamma level: Right Forward Inside 3-Turn (One Foot Turn); Left Forward Inside 3-Turn (One Foot Turn); Forward Edges - Forward Outside Edges and Forward Inside Edges; Shoot-the-Duck or Lunge (choice of one); Bunny Hop.

Freestyle 1 - Passed Delta level: Forward Inside Pivot; Two-Foot Spin; Forward Arabesque (spiral); Backward Edges - Backward Outside Edges and Backward Inside Edges; One-Half Flip; Waltz Jump; solo program set to music incorporating all of the elements.

Freestyle 2 - Passed Freestyle 1 level Ballet Jump; One-Half Toe Walley; One-Half Lutz; One-Foot Spin; Two Forward Arabesques (spirals) (On either foot - and on either outside or inside edge); Dance Step Sequence; solo program set to music incorporating all of the elements.

Freestyle 3 - Passed Freestyle 2 level: Backward Outside or Inside Pivot; Salchow Jump; Change Foot Spin; Backward Arabesque; Toe Loop Jump or Toe Walley Jump (choice of one); Dance Step Sequence.

NEW! Off-Ice Training: Yoga Stretch - Students must be in Gamma, Delta, or FS Students will learn stretching and yoga to enhance their skating skills, building flexibility and strength off ice.

Adult & Teen Program – Teen/Adults ages 16 & up Follow curriculum of Pre-Alpha & Alpha levels

NEW! Intro to Hockey: ages 4 and up Learn skating skills that will get students ready for hockey. No equipment necessary. Hockey skates are required.

CITY OF WHITE PLAINS RECREATION & PARKS

2022-2023 ICE-SKATING SCHOOL



LEARN TO SKATE  FIGURE SKATING

EBERSOLE ICE RINK

DELFINO PARK, WHITE PLAINS, NY

Learn To Skate Program

For recreation or advanced figure skating, we have you covered. Ebersole's instructional program follows the standardized curriculum developed by the Ice Skating Institute (ISI). ISI's learn-to-skate program is a fun recreational ice-skating program for all ages and abilities.

Group Lessons

Session 1:	8- week program	Resident \$175	Non- Resident \$200
Session 2:	8- week program	Resident \$175	Non- Resident \$200

- *One (1) thirty-minute lesson, once a week.*
- Fee *does not* include skate rental public session or ISI membership.
- Skaters in beginner levels **MUST WEAR HELMETS** and have gloves

Group Class Dates: Sign up for classes one session at a time.

Session 1:	October 21 – December 17	<i>No classes Thanksgiving weekend</i>
Session 2:	January 13 – March 11	<i>No classes Dec, 23, 24, 30, 31 No Classes winter break Feb. 24, 25</i>

(See back cover for class descriptions.)

Tots 1
Friday 4:15pm
Saturday 3:15pm, 3:45pm, 4:15pm

Gamma/Delta
Friday 4:45pm

Tots 2
Friday 4:15pm
Saturday 3:15pm, 4:15pm

Synchro
Friday 5:30pm

Super Tots
Friday 4:15pm
Saturday 3:15pm

NEW! Off-Ice Training: Yoga Stretch
Friday 4:00pm
(For Gamma/Delta & Free Style Only)

Pre-Alpha – NEW STUDENT
Friday 4:15pm
Saturday 3:15pm, 4:15pm

Free Style (FS) 1 – 3
Friday 4:45pm

Pre-Alpha Repeat
Friday 4:45pm
Saturday 3:45pm

Adult and Pre-Teen
Saturday 4:15pm

Alpha
Friday 4:45pm
Saturday 3:45pm, 4:15pm

NEW! Intro to Hockey
Saturday 3:15pm, 3:45pm

Beta
Friday 4:45pm
Saturday 4:15pm

Parent & Me
Saturday 3:45pm

CLASS PLACEMENT – IMPORTANT PLEASE READ!

For Returning Students:

Please register for the recommended class on your evaluation form from last season. If you are registering in-person, please bring your evaluation form.

For New Registrants: You **MUST** email Amy to verify the correct class. **If you choose to register for a class that is not appropriate for your child's age or ability, we cannot guarantee there will be space available in the appropriate class.**

Register Online and in-person

Residents begins September 17 Non-Residents begins October 1

Session 1 Registration Deadline– October 15th

Please note: Registration for Session 2- TBA

For online Registration:

- www.cityofwhiteplains.com
- Click on City Departments, then Recreation and Parks- click on **register here**
- You will be asked for your login *or* to create an account.
- Scholarships are only available at the recreation office

**There are no make-ups and no refunds.*

- Class cancellations due to inclement weather will be rescheduled but not always on original class day.
- Please sign up for Rec Alerts for proper notification

To be sure you are lacing skates properly please read our flyer or visit <https://youtu.be/EdYEO1bQnoY>



Special Events

Skate with Frosty – Dec. 18th, 1:30 – 3:30pm

Winter Soloist Showcase – Jan. 6th, 5:30pm

*End Year Ice Show – “Ebersole Goes to the Movies”
March 25th, 5pm*

Come join the fun! For more information contact Amy @

amancini@whiteplainsny.gov

You can also visit us on Facebook – Ebersole Ice Rink