

# Learn to Skate at Metro Ice Sports!



## Skate to an unbreakable team.

**Skate to great.** Ice skating teaches kids how to work as a team and make lifelong friendships along the way.

## Skate to a brighter future.

**Skate to great.** Ice skating teaches you the agility and focus to handle every twist and turn of life.

*Visit us online for more information...*

***[www.metroicesports.com/LearnToSkate](http://www.metroicesports.com/LearnToSkate)***

## Session

**Tuesdays**

**June 12th - July 31st, 2018 (5:30-6:30pm)**  
*(no class July 3rd or July 10th)*

**Recital: August 7th, 2018**

**Cost: \$95.00 + tax**

**Includes Learn to Skate USA Membership (\$16/year)**



## Snowplow Sam

Preschool-age skaters develop preliminary coordination and strength to move around on the ice. The introductory classes are divided into four progressive levels for kids with no prior skating experience to build confidence in skating and themselves. Fun and games make this positive experience for your kids enjoyable and memorable.

## Basic Skills

The first stage of skills forms a strong foundation for your skaters to explore the world of skating. All will progress at their own pace working toward mastering each skill. Active Start encourages skaters to trade in hesitation for excitement as they grow a love for skating. FUNdamentals harness those skills as agility, balance, coordination and speed become the main focus of this curriculum.



## Hockey

Designed to teach the fundamentals of hockey skating, the four badge levels, plus power skating, will teach skaters how to be more proficient and agile on the ice. Proper techniques for the game of hockey are the primary focus and all elements are taught without a puck. Skaters will learn the basic hockey stance, stride, knee bend, and other necessary fundamentals to be successful.



endorsed by



For more information, contact our Learn to Skate Director, Sarah Smith, at [LTS@MetroIceSports.com](mailto:LTS@MetroIceSports.com) or visit [www.metroicesports.com/LearnToSkate](http://www.metroicesports.com/LearnToSkate).