

Crystal Ice House  
Program Information



Phone #: 815-356-8500

Location: 320 E Prairie Street

Crystal Lake, IL 60014

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Errors, omissions or misprints, are not intentional. Any discrepancies or problems are at the Day Office staffs discretion to fix or maintain.



# General Information

Crystal Ice House

320 E Prairie Street

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1. Children (ages 4-6) must be accompanied by an adult to and from class. Teachers are not available to supervise children until class time begins. Children should be picked up promptly after class.

2. **Zero Tolerance Policy:** Any participants, parents/spectators, whether on or off ice, displaying inappropriate or disruptive behavior which interferes with others or the event on ice will not be tolerated. Inappropriate and disruptive behavior shall include use of obscene or vulgar language in a boisterous manner to anyone at anytime. Taunting of participants, coaches or spectators by means of baiting, ridiculing, threat of physical violence or physical violence. Throwing of any object in spectators viewing area, players' bench, penalty box, or on ice surface, directed in any manner as to create a safety hazard. Crystal Ice House maintains the right to dismiss the participant, parents/spectators from class or remove from facility and no refund will be given.

3. **Attendance Policy:** when you register for a class, we assume that the participant will attend each class, arrive on time, and stay for the entire class. Please be considerate of the instructor and inform them if any changes will occur for you or your child.

4. **Make-Up Policy:** we allow two make-up classes per session. All make-up classes must be pre-scheduled with the rink office prior to the make-up sessions. Any additional make-ups due to special circumstances must be in writing and approved by the Skating Director. If a make-up class is needed, the participant may make up the class when offered at another time during the same session. No make-ups are allowed the first or last week of the session. A make-up class card needs to be obtained from rink office before the skater is allowed on the ice. No carryovers of make-ups to another session.

5. **Free Time Policy:** parents and siblings of participant are allowed to skate during free time, which is the last 15 minutes of group lesson. Absolutely no rough housing or show boating, we ask that all parents are respectful and skate appropriately. A ticket waiver is required.

6. **Practice Ice Policy:** all enrolled group lesson skaters are eligible to participate in the scheduled practice ice time. ONLY skaters who are enrolled in group lessons will be permitted on the ice. Instructors are available on ice for a mini-scheduled lesson and also to monitor the practice ice. There is no make-up or refunds for a missed practice ice time.

7. **Refund policy:**

a. if you request a refund before the class session date has started, you will receive a full refund minus a \$5.00 service charge.

b. if you request a refund before the third class meeting you will receive a prorated refund for unused classes minus a \$20.00 administrative fee.

c. No refunds will be issued after the third class meeting.

d. No refunds allowed for social media discounts or promotions.

8. **Medical Refund Policy for Group Lessons:** in the event of an injury/illness, a doctor's statement is required within 30 days of the injury/illness verifying injury/illness. A refund is granted for the remaining unused classes from date of injury/illness minus a \$20.00 admin fee.

9. **Medical Refund Policy for Unlimited Ice:** in the event of an injury/illness, a doctor's statement is required within 30 days of the injury/illness verifying injury/illness. A refund is granted for non-attended days during injury/illness minus a \$10.00 admin fee. A doctor's statement with clearance to return to ice will be required before skater returns.



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10. **Skate Rental Cards:** no refunds are given.

11. **Check policy:** there is a \$25.00 charge for any returned checks.

12. **Membership to Affiliate Organizations:** we will automatically register all group lesson participants with Learn To Skate USA (LTSUSA) which is the structure of how our group lessons are taught. The membership to LTSUSA is a \$16.00 yearly fee, renewable every June and required for all skaters participating in our class lesson programs. In addition, we will automatically register any hockey skater in group lessons with USA Hockey for educational and informational purposes.



## Hockey Skating Group Lessons

Crystal Ice House

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**Hockey Snowplow Sam(SPS) 1 & 2:** are for beginning skaters ages 4-6. Skaters will learn proper way to fall & stand up, dip standing still, march in place & the beginning 2ft. glide. SPS 2 further develops skills with long glides, moving dips, forward swizzles, rocking horse, 2ft. jump in place & beginning back wiggles. 45 min of class (30 min of instruction and 15 min of practice), plus 1 hour of additional practice ice each week! Required: bike/hockey helmet. Prerequisite: must be 4- 6 years old.

**Hockey 1:** is for beginning skaters ages 7 & up who are new to hockey skating or for skaters passing SPS 2. Skaters will further improve their skills & speed through learning the proper hockey stance, marching across the ice, long glides, moving dips, multiple forward swizzles in a row, beginning backward skating & scooter push. 45 min of class (30 min of instruction and 15 min of practice), plus 1 hour of additional practice ice each week! Required: bike/hockey helmet. Prerequisite: must be 7 years old or have passed Snowplow Sam 2.

**Hockey 2:** is for the intermediate skater who is looking to develop forward skating with proper positioning into a stride. In addition, balance will be strengthened through forward 1 ft. glides, backward hustle, backward swizzles, moving snowplow stops & glide turns. 45 min of class (30 min of instruction and 15 min of practice), plus 1 hour of additional practice ice each week! Required: bike/hockey helmet. Prerequisite: must have passed Hockey 1.

**Hockey 3:** allows the advanced skater looking to improve skating technique while incorporating proper introductory stick handling skills. Skaters will learn forward c-cuts, advanced hockey turns, forward starts & stops, backward v-stops, lateral crossovers & forward starts & stops. 45 min of class (30 min of instruction and 15 min of practice), plus 1 hour of additional practice ice each week! Required: full equipment. Prerequisite: must have passed Hockey 2.

**Hockey 4:** focuses on skills which will develop hockey game-play techniques while incorporating stick-handling skills. Skaters will practice forward 1 ft. pushes, crossovers, crossover glides, backward c-cuts, backward 1ft. glides, Mohawks & advanced hockey stops. 45 min of class (30 min of instruction and 15 min of practice), plus 1 hour of additional practice ice each week! Required: full equipment. Prerequisite: must have passed Hockey 3.

**Minor Hawks Skills:** taught by professional hockey coaches that teach players to advance their fundamental hockey skills while preparing them for playing on a team at the in-house or travel levels. 60 min of class. Required: full equipment. Prerequisite: must have passed Hockey 2.



## Hockey Skating Group Lessons Schedule

Crystal Ice House  
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**Summer 2017: June 5 – August 16**

**NO classes: July 3 - 7**

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Cost</u>
Hockey Snowplow Sam 1,2,3,4	Monday	5:00-5:45pm	180.00
	Wednesday	5:45-6:30pm	180.00
Hockey 1	Monday	5:00-5:45pm	180.00
	Wednesday	5:45-6:30pm	180.00
Hockey 2	Monday	5:00-5:45pm	180.00
	Wednesday	5:45-6:30pm	180.00
Hockey 3	Monday	5:00-5:45pm	180.00
	Wednesday	5:45-6:30pm	180.00
Hockey 4	Monday	5:00-5:45pm	180.00
	Wednesday	5:45-6:30pm	180.00
Minor Hawks Skills	Wednesday	6:40-7:25pm	200.00

**\*Practice Ice time: Thursday 6:00-7:00pm, this is additional time for ONLY the registered skaters to participate in a controlled practice ice time. There are no make-ups or fee adjustments for missed practice ice. It is purely to strengthen skating skills. No practice ice time June 8, July 6 and Aug 17. Practice ice is not included for the Minor Hawks Skills class.**

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## Figure Skating Group Lessons (Beginner)



**Snowplow Sam 1 (SPS):** is for beginning skaters ages 4-6. Skaters will learn the proper way to sit, stand up with skates, march in place, march forward, 8-10 steps, march and glide and dip in place. 45 minute classes (30 min of lesson, 15 min of free time). Plus 1 additional hour of practice ice per week! Prerequisite: must be between the ages of 4-6.

**Snowplow Sam 2:** is for beginning skaters ages 4-6 who have passed snowplow sam 1. Skaters will learn the proper way to march followed by a long glide, dip while moving, backward wiggles, forward swizzles, rocking horse, and two-foot hop in place! 45 minute classes (30 min of lesson, 15 min of free time). Plus 1 additional hour of practice ice per week! Prerequisite: skater must be between the ages of 4-6 and passed SPS1.

**Snowplow Sam3:** is for beginning skaters age 4-6 who have passed snowplow sam 1 &2. Skaters will learn the way to forward skate, forward one-foot glide, backward swizzles, forward snowplow stop with skid, and curves. 45 minute classes (30 min of lesson, 15 min of free time). Plus 1 additional hour of practice ice per week! Prerequisite: skater must be between the ages of 4-6 and passed SPS2.

**Basic 1:** is for beginning skaters ages 7 & up who are new to skating or for skaters passing SPS 3. Skaters will learn how to sit and stand up on ice, march across the ice, two-foot glide, dips, forward swizzles, backward wiggles, snowplow stop, rocking horse, two-foot hop in place. 45 minute classes (30 min of lesson, 15 min of free time). Plus 1 additional hour of practice ice per week!

Prerequisite: skater must be 7 or Snowplow Sam 3.

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**Basic 2:** is for the intermediate skater who is looking to develop their forward skating with proper positioning into a stride. 45 minute classes (30 min of lesson, 15 min of free time). Plus 1 additional hour of practice ice per week!

Prerequisite: skater must have passed Basic 1.

**Basic 3:** is for the intermediate skater who is looking to develop their forward skating with proper positioning into a stride. In addition, balance will be strengthened through forward 1 ft. glides, backwards two-foot glide, backward swizzles, moving snowplow stops & glide turns. 45 minute classes (30 min of lesson, 15 min of free time). Plus 1 additional hour of practice ice per week! Prerequisite: must have passed Basic 2.

**Basic 4:** is allows the advanced skaters looking to improve skating technique to focus on forward crossovers, inside and outside edge on a circle, backward half swizzle pumps on a circle, backward stroking, and backward snowplow stop! 45 minute classes (30 min of lesson, 15 min of free time). Plus 1 additional hour of practice ice per week! Prerequisite: must have passed Basic 3.

**Basic 5:** is for advanced skaters. Skaters will work on backward outside edge and inside edge on a circle, backward crossovers, one-foot spin up to three revolutions, hockey stop and side toe hop. 45 minute classes (30 min of lesson, 15 min of free time). Plus 1 additional hour of practice ice per week! Prerequisite: must have passed Basic 4.

**Basic 6:** is for advanced skaters. Forward inside three-turn from a standing position, moving backward to forward two-foot turn, T-stop, bunny hop, forward arabesque/ spiral on a straight line, forward lunge. 45 minute classes (30 min of lesson, 15 min of free time). Plus 1 additional hour

of practice ice per week! Prerequisite: must have  
passed Basic 5.

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## Figure Skating Group Lessons Schedule (Beginner)

**Summer 2017: June 5 – August 16**

**NO classes: July 3 - 7**

### Class

Snowplow Sam 1, 2, 3, 4	Monday	5:45-6:30pm	180.00
	Wednesday	5:00-5:45pm	180.00
Basic 1*	Monday	5:45-6:30pm	180.00
	Wednesday	5:00-5:45pm	180.00
Basic 2*	Monday	5:45-6:30pm	180.00
	Wednesday	5:00-5:45pm	180.00
Basic 3*	Monday	5:45-6:30pm	180.00
	Wednesday	5:00-5:45pm	180.00
Basic 4*	Monday	5:45-6:30pm	180.00
	Wednesday	5:00-5:45pm	180.00
Basic 5*	Monday	5:45-6:30pm	180.00
	Wednesday	5:00-5:45pm	180.00
Basic 6*	Monday	5:45-6:30pm	180.00
	Wednesday	5:00-5:45pm	180.00

**\*Practice Ice time: Thursday 5:00-6:00pm, this is additional time for ONLY the registered skaters to participate in a controlled practice ice time. There are no make-ups or fee adjustments for missed practice ice. It is purely to strengthen skating skills. No practice ice time June 8 July 6 and Aug 17.**

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## Figure Skating Group Lessons (Advanced)

All advanced classes consist of instruction to advance through the freestyle levels as well as exercise to improved edge control with emphasis on moves in the field, extensions, posture & flexibility. It will also help develop style & grace & improve on technique for jumps and spins. Guidance will be given to free foot & leg extensions, arm & head positions and improvement of carriage. Plus, 1 additional hour of practice ice per week!

**Pre-Free Skate:** skaters will work on forward inside open Mohawk from a standstill position, backward outside edge to forward outside edge transition on a circle, ballet jump, backward crossovers to a backward outside edge, forward inside pivots, forward outside three-turn on a circle, moving forward inside three-turn on a circle, combination moves, one-foot upright spin, Waltz jump, mazurka. 1 hour of instruction. 1 hour of instruction, plus 1 hour of practice ice per week! Prerequisite: skater must have passed Basic 6.

**Free Skate 1:** skaters will work on advanced forward stroking, advanced back outside, scratch spin from back crossovers, Waltz jump, half flip. 1 hour of instruction, plus 1 hour of practice ice per week! Prerequisite: skater must have passed Pre-Free Skate.

**Free Skate 2:** skaters will work on forwards outside and forward inside spirals, forward progressive chasse sequence, Waltz threes, beginning back spin, Waltz jump, toe loop. 1 hour of instruction, plus 1 hour of practice ice per week! Prerequisite: skater must have passed Basic Free Skate 1.

**Free Skate 3:** skaters will work on forward and backward crossovers in figure 8 pattern, Waltz eight, advanced forward swing roles, backward inside three-turn, backspin, Salchow, half Lutz jump, Waltz jump toe loop combo. 1 hour of instruction, plus 1 hour of practice ice per week! Prerequisite: skater must have passed Free Skate 2.

**Free Skate 4:** skaters will work on spiral sequences, forward power three turns, sit spin, loop jump, Waltz jump-loop jump combination. 1 hour of instruction, plus 1 hour of practice ice per week! Prerequisite: skater must have passed Free Skate 3.

**Free Skate 5:** skaters will work on spiral sequences, swing roll sequence, camel spin, forward upright spin to back upright spin, loop-loop jump combination, flip jump, Waltz jump-falling leaf-toe loop jump sequence. 1 hour of instruction, plus 1 hour of practice ice per week! Prerequisite: skater must have passed Free Skate 4.

**Free Skate 6:** skaters will work on five-step Mohawk sequence, camel-sit combination, split jump, Waltz jump-half loop Salchow, Lutz jump, Axel. 1 hour of instruction, plus 1 hour of practice ice per week! Prerequisite: skater must have passed Free Skate 6.



## Figure Skating Group Lessons Schedule (Advanced)

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**Summer 2017: June 5 – August 16**

**NO classes: July 3 - 7**

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Cost</u>
Pre – Free Skate*	Monday	6:40-7:25pm	200.00
Free Skate 1*	Monday	6:40-7:25pm	200.00
Free Skate 2*	Monday	6:40-7:25pm	200.00
Free Skate 3*	Monday	6:40-7:25pm	200.00
Free Skate 4*	Monday	6:40-7:25pm	200.00
Free Skate 5*	Monday	6:40-7:25pm	200.00
Free Skate 6*	Monday	6:40-7:25pm	200.00

**\*Practice Ice time: Thursday 5:00-6:00pm, this is additional for ONLY the registered skaters to participate in a controlled practice ice time. There are no make-ups or fee adjustments for missed practice ice. It is purely to strengthen skating skills. No practice ice time June 8, July 6 and Aug. 17.**

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## Parent & Tot Lessons Information & Schedule

Crystal Ice House  
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Summer 2017: June 5 – August 16  
NO classes: July 3 - 7

**Parent & Tot:** Fun skating experience for your toddler and parent to enter the wonderful world of ice skating! This class allows you to spend quality time with your little one, while gaining some basic instruction on the proper way to skate.

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Price</u>
Parent & Tot	Mon	4:15pm	\$180.00

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## Adult & Teen Programs Information & Schedule

Crystal Ice House  
320 E Prairie Street  
Crystal Lake, IL 60014

**Summer 2017: June 5 – August 16**  
**NO classes: July 3 - 7**

**Adult & Teen Class:** A great time to learn the basics of skating or to improve on your skating skills for both hockey and figure skaters.

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Price</u>
Adult & Teen Skating	Monday	7:25-8:10pm	180.00
	Tuesday	9:00-9:45am	180.00

## Parent & Tot Lessons Information & Schedule

**Parent & Tot:** Fun skating experience for your toddler and parent to enter the wonderful world of ice skating! This class allows you to spend quality time with your little one, while gaining some basic instruction on the proper way to skate.

<u>Class</u>	<u>Day</u>	<u>Time</u>	<u>Price</u>
Parent & Tot	Monday	4:15-5:00pm	180.00

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# Unlimited Freestyle Ice

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Unlimited Freestyle Ice allows your skater to get more ice time for a fixed monthly fee of \$160.00. The benefit of this package are that you can pay online, access to automatic payment, no more daily walk-on fees, and most importantly more access to ice!

Things to note:

- If you choose not to register for the Unlimited Freestyle Ice you will have to pay the \$16.00 walk-on fee for each hour session before you enter the ice. There will be no putting fees on account or saying that you owe. If you don't pay, you cannot skate.
- There are no pro-rated fees with Unlimited Freestyle Ice or specialty classes, with the exception of an injury with a doctor's note refer to refund policies under general information.
- Walk-on fees cannot be applied to an Unlimited Freestyle Ice, if you decide to change. For example, if you decided that you were only going to skate once and paid the walk-on fee, and later realized you want to purchase the Unlimited Freestyle Ice, you cannot apply the walk-on fee to the package. Meaning that we will not give you a \$16.00 credit toward the \$160.00 monthly fee.
- **LARS Variety Class on Wednesdays from 9:20 – 9:50am is now included in your monthly unlimited ice fee!**

**June: \$160.00:**

**July: \$160.00 NO skating July 3 & 4**

**August: \$160.00**

Any walk-on session: \$16.00 for each hour

LARS walk-on session: \$15.00

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All skaters must be active participants and members in good standing with US Figure Skating; Learn to Skate USA and USA Hockey.

## Schedule: June 5<sup>th</sup> – August 20<sup>th</sup> No skating July 3 & 4

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
6:00-7:00am	6:00-7:00am	<i>6:00-7:00am</i>	6:00-7:00am	7:20 – 8:20am	11:40-12:40pm
7:00-8:00am	7:00-8:00am	<i>7:00-8:00am</i>	7:00-8:00am	8:20 – 9:20am	
8:10-9:10am	8:10-9:10am	<i>8:10-9:10am</i>	8:10-9:10am		
9:20-10:20am	9:20-10:20am	<b>9:20-9:50am Lars Variety</b>	9:20-10:20am		
	4:00-5:00pm				
	5:00-6:00pm				

**Lars Variety:** A combination of power, jumps, spins & footwork will be worked on during the 10 week summer session: **Wednesday 9:20 – 9:50am Walk-on: \$15.00**

## Schedule: June 1<sup>st</sup> – June 3<sup>rd</sup>, August 21<sup>st</sup> - August 31<sup>st</sup>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:40-6:40am	5:40-6:40am	5:40-6:40am	5:40-6:40am	2:40-3:40pm	7:00-8:00am
6:50-7:50am	6:50-7:50am	6:50-7:50am	6:50-7:50am	3:50-4:50pm	
2:40-3:40pm	2:40-3:40pm	2:40-3:40pm	2:40-3:40pm	5:00-6:00pm	
3:50-4:50pm	3:50-4:50pm	3:50-4:50pm	3:50-4:50pm		
		5:00-6:00pm			

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