

Booster LESSONS

Booster lessons are mini private lessons designed to give a “boost” with one-on-one instruction. These lessons are 15 minutes long and could be scheduled during public or freestyle sessions. Skaters may take just one lesson or schedule up to three “boost” lessons. These lessons can be used to prepare for evaluations or to work on a maneuver that skaters may be struggling with. The lessons can also be used to learn new maneuvers or to get an idea of what private lessons are all about.

Try a “Boost “ today!

“Booster” lessons must be signed up for in advance at the skate rental or directly with the skating director. Available days/times, and instructors are listed, and skaters can reserve their time by signing up with a listed instructor. The fee per lesson is \$12, and must be paid at the skate rental prior to the lesson. Skaters purchasing a lesson must bring their receipt to their scheduled instructor before the lesson time. “Boost” lesson includes: 15 minutes one-on-one private instructional lesson, skate rental and ice time!

AVAILABLE Public and Freestyle ICE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Public 1-3pm 3:10-5:50pm	Public 1-3pm 3:10-5:50pm	Public 1-3pm 3:10-5:50pm	1:00-3:00pm 3:10-5:40pm	Public 1-3pm 3:10-5:10pm Public 8-10pm	9:50-10:50am Public 1-3pm Public 8-10pm	Public 1-3pm

Figure Skating Private Lessons:

Private lessons are great way to learn quickly while having fun. As with any learning situation, a student may progress more` rapidly because of the one-on-one attention. Each instructor acts as an independent contractor and sets his/her own rate. Instructor fees are depend on experience, teaching credentials and professional accreditations. Generally, the rate is \$14-\$22 per 20 minutes. Lessons may be 20, 30, or 40 minutes in length depending on scheduling and the age or attention span of the skater. Students pay coach directly for the lesson and pay the Lutheran Health Sports Center for use of ice time.

PUBLIC skating session fees:

Tuesday-Friday: \$5 admission
Friday PM - \$7 admission

FREESTYLE session fees:

Monday-Saturday:
10 sessions punch card - \$80
30 sessions punch card - \$200
Walk-on \$9.50

Skate rentals -\$3

BOOST Lessons Request Form

<p>Skater Name _____ Age__ Skater level: _____ Parent Name _____ Home Phone () _____ Cell Phone () _____ Email: _____ <input type="checkbox"/> Boost LESSON <i>Length of Lesson:</i> <input type="checkbox"/> 15 Minutes <i>Number of Lessons - maximum 3:</i> <input type="checkbox"/> One lesson <input type="checkbox"/> Two lessons <input type="checkbox"/> Three lessons <i>Day of the week:</i> <input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday <input type="checkbox"/> Sunday</p>	<p>Available instructors listed below: <i>check box</i></p> <ul style="list-style-type: none"><input type="checkbox"/> <i>Alena Lunin</i><input type="checkbox"/> <i>Alexander Lunin</i><input type="checkbox"/> <i>Holly Dodds</i><input type="checkbox"/> <i>John Salway</i><input type="checkbox"/> <i>Patty Gremaux</i> <input type="checkbox"/> No Preference (if no preference please email Skating Director - Alena Lunin alunin@icesports.com) <p style="text-align: center;">If you need to cancel lesson, please notify coach 24 hours in advance.</p>
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Few Tips to Find the Right Coach

There are many factors involved in selecting a coach.

Things to consider are personality, learning and teaching styles, experience, and technical know how. You know your child and have the best idea of who might make a good fit. Keep your child's personality and needs in mind when interviewing and selecting a coach.

Here are some helpful questions to consider:

Will the coach be a good role model and instill healthy character traits?

Will the coach treat my child politely and with enthusiasm?

Does the coach possess and demonstrate a good standard of ethics?

Does the coach understand and adhere to safety considerations at all times?

Is the coach a member of U.S. Figure Skating and Professional Skaters Association (PSA)?

Does the coach have PSA ratings or ranking or has he/she attended a recent PSA/USFS instructor workshop or seminars?

Does the coach have a specific plan to teach the appropriate technical skills?

Boost lessons are only available for the Learn to Skate program participants or prior to the program. The fee per Boost lesson is \$12, and must be paid at the skate rental prior to the lesson. Skaters purchasing a lesson must bring their receipt to their scheduled instructor before the lesson time.

“Boost” lesson includes: 15 minutes one-on-one private instructional lesson, skate rental and ice time! You can schedule maximum up 3 lessons and if you wish to continue you will have to schedule private lessons with the coach directly.

**Any applicable discounts DO NOT apply to the Boost lesson opportunity.
Hard copy of the request form MUST be provided.**