



## Group Ice Skating Lessons 2009-2010

*Club members meet for group lessons every Saturday at the Ralph E. Walker Ice Rink located at 1080 State St. in New Haven.*

*Students will be grouped by age and skill level, some classes may be combined.*

*Each class consists of a 35 minute lesson and a 10 minute practice.*

### GROUP A

12:40pm - 1:25pm

New Skaters/Beginners  
(Never skated or just started)

### GROUP B

1:35pm - 2:20pm

Intermediate Skater  
(comfortably skates forward & backward, controlled stop)

### GROUP C

4:30pm - 5:50pm

Advanced Skaters  
(Cross overs forward & backward, Edges, beginning jump)

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*We are offering **3 Sessions** this season. Skate rentals and registration fees included. No make-ups for missed classes.*

#### Session 1 - Seven Weeks

Nov. 7 - Dec. 19

**\$120**



#### Session 2 - Seven Weeks

Jan. 2 - Feb. 13

\$140

#### Session 3 - Five Weeks

Feb. 20 - March 20

\$100

**Purchase ALL 19 weeks before Nov. 7th and  
SAVE \$40! (A \$380 Value)**

*This offer cannot be combined with other discounts.*

### Registration Dates:

**Sunday Oct. 25th and Sunday Nov. 1st.**

From **3pm - 5pm**

At Ralph E. Walker Ice Rink,  
1080 State St. New Haven

*(Sorry, we do not accept credit card payments)*

*(Alpha level skaters and above, additional \$5.00 registration fee for annual membership)*

For more information about our group lessons please contact Monica at 203-640-5338. Visit our website at [www.ElmCitySkatingClub.com](http://www.ElmCitySkatingClub.com) to download registration forms, and to learn more about the programs offered at Ralph E. Walker Ice Rink.



# Intro-To-Hockey

## 2009-2010 Season

*Our Intro-To-Hockey is a skills & drills base program that teaches elementary ice skating skills necessary to play Hockey as well as improve upon skills you may already have.*

*Club members meet for group lessons every Saturday or Sunday at the Ralph E. Walker Ice Rink located at 1080 State St. in New Haven. Student will be grouped by age and skill level.*

*Each class consists of a 25 minute group lesson and a 15 minute practice. Hockey helmet, hockey gloves and Hockey skates must be worn by all skaters.*

GROUP A	GROUP B	GROUP C
<b>Saturdays</b>	<b>Saturdays</b>	<b>Sundays (18yrs &amp; Older)</b>
<b>8:00am - 8:40am</b>	<b>8:40am - 9:20am</b>	<b>7:30pm - 8:20pm</b>
New Skaters/Beginners (Never skated or just started)	Intermediate Skater (comfortably skates forward & backward, controlled stop)	New Skaters - Intermediate

*We are offering **3 Sessions** this season. Skate rentals and registration fees included. No make-ups for missed classes.*

### Session 1 - Seven Weeks Saturdays

Nov. 7 - Dec. 19

**\$120**



### Session 2 - Seven Weeks Saturdays

Jan. 2 - Feb. 13

\$140

### Session 3 - Five Weeks Saturdays

Feb. 20 - March 20

\$100

### Session 1 - Seven Weeks Sundays

Nov. 8 - Dec. 20

**\$120**



### Session 2 - Seven Weeks Sundays

Jan. 3 - Feb. 14

\$140

### Session 3 - Five Weeks Sundays

Feb. 21 - March 21

\$100

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**Registration  
Dates:**

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**From 3pm - 5pm**

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# Cardio Skate

**2009-2010 Season**

At Ralph E. Walker Ice Rink,  
1080 State St. New Haven  
(203-946-8007)

*Cardio Skate offers a 50 minute workout, that will elevate your heart rate and tone muscle through interval training. Participants must know how to skate forward, stop and feel comfortable on the ice. Gloves are required for all skaters and light dumbbells (3-5lbs.) are optional. Skaters may bring their own skates or rent skates at no extra charge. Contact the Ralph E. Walker Ice Rink directly for class cancellations due to inclement weather.*

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Classes Meet Mondays  
10:00am - 10:50am

*We are offering **3 Sessions** this season. Skate rentals and registration fees included. No make-ups for missed classes.*

**Session 1**

**Seven Weeks**

**Nov. 2 - Dec. 14**

**\$70**

**Session 2**

**Seven Weeks**

**Dec. 21 - Feb. 1**

**\$70**

**Session 3**

**Seven Weeks**

**Feb. 8 - March 22**

**\$70**

**Registration  
Dates:**

**Sunday Oct. 25th and Sunday Nov. 1st.**

From **3pm - 5pm**

At Ralph E. Walker Ice Rink,  
1080 State St. New Haven

*(Sorry, we do not accept credit card payments)*

For more information about our group lessons please contact Linda at 860-304-2477. Visit our website at [www.ElmCitySkatingClub.com](http://www.ElmCitySkatingClub.com) to download registration forms, and to learn more about the programs offered at Ralph E. Walker Ice Rink.

# Little Elm Skating Club

## 2009-2010 Season

At Ralph E. Walker Ice Rink,  
1080 State St. New Haven  
(203-946-8007)

*You and your tot (3-5yrs.) can learn to skate with help from an instructor. The class consists of a 20 min. group lesson for tots, and a 20 min. group lesson for adults (18yrs+). The remaining 10 min. of the class, both tots and adults practice skills together.*

*Parents must be able to stand comfortably on the ice without assistance. Gloves are required for all skaters, helmets required for all tots and adults beginners*

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## Classes Meet Mondays 11:00am - 11:50am

*We are offering **3 Sessions** this season. Skate rentals and registration fees included. No make-ups for missed classes.*

### **Session 1**

**Seven Weeks**

**Nov. 2 - Dec. 14**  
\$75

### **Session 2**

**Seven Weeks**

**Dec. 21 - Feb. 1**  
\$75

### **Session 3**

**Seven Weeks**

**Feb. 8 - March 22**  
\$60

### **Registration Dates:**

**Sunday Oct. 25th and Sunday Nov. 1st.**

From **3pm - 5pm**

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