

WHAT YOU NEED TO KNOW

- Please go to www.ChicagoParkDistrict.com to find our current or upcoming Ice Skating or Hockey class schedules.
- Most skaters take one class-per week, but you can sign up for as many as you'd like!
- Most sessions are 8-week sessions, and run seasonally. (Fall 1, Fall 2, Winter, Spring, Summer)
- All skaters will be evaluated on the second to last week of class.
- Some levels are more difficult and may take more than one session to complete. Don't be discouraged and keep practicing!
- It is highly recommended that skaters practice on a public session to improve their skills. You can use our Public Skate sessions on the weekends, or our [Low Level Freestyle Ice](#) on Monday evenings.
- For more one-on-one feedback, connect with a coach to start Private Lessons!

WHAT YOU NEED TO BRING:

- Please layer warm comfortable clothing that allows for unrestricted movement. NO JEANS.
- Helmet: STRONGLY RECOMMENDED for all beginner level skaters. Any helmet is allowed (hockey, bike, roller skating, etc)
- Gloves
- Thin socks/stockings

HOW TO TIE ICE SKATES:

- Skates must fit properly- not too big, not too small!
- Begin by loosening the skates, then tighten laces starting from the toe up to the ankle.
- Lace around the hooks in a criss-cross pattern, using all the hooks.
- Finish with a secure bow & double knot
- Laces should be tight, like a guitar string.
- If the skates feel loose after laced up, the laces are too loose and should be retied

Follow us on Social Media!



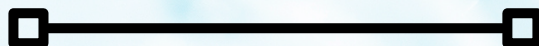
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REGISTER ONLINE!



WANT TO LEARN HOW TO ICE SKATE?



Age 3-5: Snowplow 1

Age 6-12: Basic 1

EVERYONE STARTS HERE!!



Age 3-5: Snowplow 4

Age 6-12: Basic 3

Once your skater has reached these levels, they can decide to move into our [Hockey Program](#), keep going in our [Figure Skating Program](#) OR do [Both](#)!



Age 5-9: ADM

Ages 10-15: Intro to Hockey

The American Developmental Model, designed by USA Hockey, builds on a the skater's basic skating skills, and introduces them to individual hockey skills to be incorporated into team drills.

FULL EQUIPMENT REQUIRED



**Horned Frogs
MPSC Hockey League**

Recreational Youth Hockey Organization, a part of the Northwest Hockey League.

Games played throughout the Chicagoland Area. Players should expect 3-4 hours of ice time including practice and game-time.



Hockey Opportunities

- Travel Hockey
- Highschool Hockey
- "Juniors"
- Collegiate Hockey



Basic 3 - 6

Continuation of Basic Skating levels. Skaters will continue building on basic skills, while introducing basic turns and small jumps.



**Southside Skating
Academy**

The MPSC Academy programs are for skaters in [Basic 5 through Free Skate 3](#), and are made up of multiple classes (on and off the ice) each week, for a reduced rate. Skaters in the Academy is a structured "[training program](#)", with the goal to create an MPSC Competitive Team!

**Pre-Freeskate -
Freeskate 6**

Final stage in the "Learn to Skate" Curriculum. Skaters will learn single rotation jumps, and individual spins.

At this point, skaters can also start taking specialty classes to be introduced to the different skating disciplines and opportunities, that they may choose to continue on with.



**CHECK OUT OUR CLASS
SCHEDULES ON THE CHICAGO
PARK DISTRICT WEBSITE!**



SCAN ME

**Skating Disciplines
& Opportunities**

- Singles Competition (Pre-Preliminary - Senior)
- Synchronized Skating
- Ice Dance
- Pairs Skating
- Theater on Ice
- Highschool Competition
- Collegiate Skating
- Adult Skating