



Cambridge Skating Club

Lesson Program Information, 2009–2010

Group Lessons

Lessons at BB&N begin Sunday, December 6, 2009, and continue through February 14, 2010. (There will be no classes on December 27.) The teachers will reserve February 21 as a make-up date. The series of 10 lessons is \$85 for registrations received by Wednesday, December 2, and \$95 thereafter.

If you have questions concerning lessons, please leave a message at the club (617-354-9427) or email (cambridgeskatingclub@comcast.net).

Please send registration forms with a check (payable to the Cambridge Skating Club) to the CSC, 40 Willard Street, Cambridge 02138. Please register promptly, as space is limited.

Sunday Group Lesson Dates

December 6
December 13
December 20
January 3
January 10
January 17
January 24
January 31
February 7
February 14
February 21 (make-up date)

Private Lessons

If you are interested in scheduling a private lesson with one of our group-lesson instructors, please call her directly to arrange a mutually convenient time.

Power Skating Clinic – New

This season, the club is introducing a Power Skating Clinic – full ice – at BB&N from 3:45 pm to 4:15 pm (just before Junior Hockey). This clinic, which is being offered at no charge, is for children and adults, figure skaters or hockey skaters, with or without hockey sticks. It will be offered on a drop-in basis. The clinic will be taught by Jordan Ross, former BB&N varsity hockey player and Cornell graduate, and Diane Branczisz, club member and competitive figure skater. Diane, on figure skates, and Jordan, on hockey skates, will emphasize balance and agility using outside and inside edges, long strides, crossovers, backwards skating, fluid motion through turns, and quick stops and starts. Pivots, sharp turns, and acceleration will also be covered. Come to as many classes as possible, and improve your skating.

Power Skating Dates

All Sundays, beginning November 29 – February 28, with the exception of December 27 and February 7 (Super Bowl Sunday).

Group Lesson Teachers



Barb Fritz
617-795-1866 (h)
barb_fritz@hermanmiller.com

Barb is excited to return to the Cambridge Skating Club for a fourth season. Prior to joining us at the CSC, Barb taught group lessons at the Weston Skating Club and the Skating Club of Boston. She grew up studying ballet, jazz and music, but longed to skate. Group lessons as an adult led to her first skating competitions, which now include national and international events. She skates competitively at the Adult Silver level, and also volunteers locally as an announcer for skating competitions. She is a member of the Skating Club of Boston's Board of Governors and serves as editor of their newsletter, *Chips*. She enjoys teaching both children and adults, and is an accredited Professional Skaters Association (PSA) coach and registered U.S. Figure Skating instructor.



Brin Adams
603-548-6391 (c)
brinadams@hotmail.com

This season will be Brin's third at the CSC. A member of the Skating Club of Boston, Brin is a former competitive ice dancer, placing fifth at the 2007 and 2008 Pacific Coast sectionals and earning the rank of a U.S. Nationals alternate. Now a college junior studying music education, she began skating seriously at age 12, rising early in the morning for before-school practice through high school. She has taught group learn-to-skate lessons and privates for six years and is on staff at the Skating Club at Dartmouth and the Granite State Figure Skating Club.



Cambridge Skating Club

Lesson Program Information, continued

Children

All of the children's lessons run for 30 minutes. Class size is capped at eight. If demand for a particular children's class is greater than eight, we will try to offer an additional session or add an assistant instructor.

Please note that protective helmets are required for beginners, age eight and younger, and recommended for older beginners. It is also important that skates be of good quality and fit properly to ensure a positive lesson experience.

Beginners for Children with Little or No Skating Experience, Age 4 and 5

Beginners for Children Who Are Already Comfortable on the Ice, Age 5

Both classes provide a basic introduction to skating – the goals being balance and movement on the ice with confidence. Given the young age of the children in both classes, a parent (or responsible caretaker) for each student must be available on the ice until the child is confident on his or her own.

Older Beginners, Age 6 to 8

Older Beginners, Age 9 and Older

Both classes are intended for students with little skating experience. Both classes will introduce basic skating skills with an emphasis on balancing, gliding, skating backwards, skating on one foot, and stopping.

Advanced Beginners

This class is for skaters with prior skating experience who have controlled backward skating ability. The class will concentrate on increasing power in forward and backward skating, correct use of blades for pushing, control of edges (forward and backward, inside and outside), and strengthening skating on one foot. Some freestyle elements may be introduced.

Intermediates

This class is for skaters who have mastered the skills in Advanced Beginners. Here students will increase their skills in freestyle elements, including forward and backward crossovers, and simple turns and jumps.

Adults

Adult Beginners

Basics for beginners and those who wish to review the mechanics of skating. Emphasis will be on forward and backward skating, negotiating corners (crossovers), easy turns, and stops.

Adult Advanced Beginners and Up

This class is for skaters with experience and ability to skate forward, backwards, and maintain edge control. The focus of the class will be determined by the interests of the students.

Children and Adults

Power Skating for Figure Skaters and Hockey Skaters, Age 8 and Up

Improve balance and agility using outside and inside edges, long strides, crossovers, backwards skating, fluid motion through turns, and quick stops and starts. Pivots, sharp turns, and acceleration will also be covered. The class will have the entire ice surface.

Lesson Times: Sundays at BB&N

Adult Advanced Beginners with Barb Fritz:
10:30 am – 11:00 am

Adult Beginners with Barb Fritz:
11:00 am – 11:30 am

Children's Advanced Beginners with Barb Fritz:
11:30 am – 12:00 pm

Age 6 to 8 with Brin Adams:
11:00 am – 11:30 am

Age 4 and 5 with Brin Adams (Beginners with no previous skating experience):
11:30 am – 12:00 pm

Age 5 with Brin Adams (Beginners who are already comfortable on the ice):
12:15 pm – 12:45 pm

Children's Intermediates with Brin Adams:
12:45 pm – 1:15 pm

Age 9 and Older with Barb Fritz:
12:45 pm – 1:15 pm

Power Skating, Figure Skaters and Hockey Skaters, Age 8 and up, with Diane Brancazio and Jordan Ross:
3:45 pm – 4:15 pm