

**AMHA Summer Ice Schedule: July 9<sup>th</sup> - August 2<sup>nd</sup>.**

**U10** - Includes all players under 10 years old including Mites, Squirts and Learn to Play level 2

**U14** - Includes all players under 14 years old including Pee Wees, Bantams and Learn to Play Level 2.

**AMHA Drop In Night:** All AMHA Players from 2017-18 and 2018-2019 Welcome. Helmets, Gloves, Elbow Pads and Shin Guards.

**Learn To Skate Level One:** Players who are at the introductory level of learning to skate.  
(See Below)

**Week 1**

July 9<sup>th</sup> U10 7:15-8:15 PM Power Skating

U14 8:15-9:30 PM Power Skating

July 10<sup>th</sup> U10 7:15-8:15 PM Individual Skill Drills

U14 8:15-9:30 PM Individual Skill Drills

July 11 AMHA Drop In Night 9:00-10:00 PM

July 12<sup>th</sup> U10 7:15-8:15 Team Drills

U14 8:15-9:30 Team Drills

**Week 2**

July 16<sup>th</sup> U10 7:15-8:15 PM Power Skating

U14 8:15-9:30 PM Power Skating

July 17<sup>th</sup> U10 7:15-8:15 PM Individual Skill Drills

U14 8:15-9:30 PM Individual Skill Drills

July 18<sup>th</sup> AMHA Drop In Night 9:00-10:00 PM

July 19<sup>th</sup> U10 7:15-8:15 Team Drills

U14 8:15-9:30 Team Drills

### **Week 3**

- July 23<sup>th</sup> U10 7:15-8:15 PM Power Skating  
U14 8:15-9:30 PM Power Skating
- July 24<sup>th</sup> U10 7:15-8:15 PM Individual Skill Drills  
U14 8:15-9:30 PM Individual Skill Drills
- July 25<sup>th</sup> AMHA Drop In Night 9:00-10:00 PM
- July 26<sup>th</sup> U10 7:15-8:15 Team Drills  
U14 8:15-9:30 Team Drills

### **Week 4**

- July 30<sup>th</sup> U10 7:15-8:15 PM Power Skating  
U14 8:15-9:30 PM Power Skating
- July 31<sup>th</sup> U10 7:15-8:15 PM Individual Skill Drills  
U14 8:15-9:30 PM Individual Skill Drills
- Aug 1<sup>st</sup> AMHA Drop In Night 9:00-10:00 PM
- Aug 2<sup>nd</sup> U10 7:15-8:15 Team Drills  
U14 8:15-9:30 Team Drills

**Power Skating: Power Skating, Edges, Speed and Quickness drills, Cross Overs, Backwards Skating.**

**Individual Drills: Puck Handling, Passing, Shooting, Back Checking, Fore Checking, Rules of the Game.**

**Team Drills: Positions on the Ice, Small Area Games, 3 on 3 Game night, Pride Night, Fun Night.**

## Learn To Skate/ Learn to Play Level 1 - Introduction to Skating

### Ames Learn to Skate USA Program Sponsored by: Ames Figure Skating Club



The Ames Learn to Skate Basic Skills Program promotes ice skating and hockey in the community by providing safe, fun & high quality group instruction in accordance with Learn to Skate USA guidelines. Classes are offered year-round at the Ames/ISU Ice Arena, 1507 Gateway Hills Park Drive.

**Programs Offered** – Ask us if you need help determining the right class for you.

**Basic Classes 1-6:** These levels introduce the fundamental moves of ice skating: forward and backward skating, stops, edges, crossovers, three turns, Mohawks and spins. **Basic 1 is for beginners and those with little experience and above the age of 6.**

**Snowplow Sam 1-4:** Designed for children **ages 3-6** with no prior skating experience to build confidence while learning the basic skills of skating.

**Freestyle Classes - Pre-Free Skate – Freeskate 6:** Introduction to more advanced figure skating skills. Skater must complete Pre-Freeskate to register.

**Adult Classes 1-6:** Teen through senior citizens can enjoy learning beginner through advanced skills.

**Hockey 1-4:** Fundamentals of hockey to help maneuver faster and be more agile on the ice. All elements will be taught without sticks.

Sundays from 5:45-6:30pm.

June 3, 10, 17, 24 & July 8 & 15, 2018

Cost is \$78.00 for the session. Skate rental is included in the registration fee. Payment is due at the time of class. If registrations are low, class levels may be combined. **No make-up lessons.**

Dates subject to change due to ice availability.

Questions? Contact LTS Director at [skateames@gmail.com](mailto:skateames@gmail.com) or visit our website at [www.amesfsc.org](http://www.amesfsc.org).

Register online at [www.amesfsc.com](http://www.amesfsc.com) or Mail in your registration and payment to:  
AFSC, PO Box 1494, Ames, IA 50014