

# Learn to Skate at Deep Freeze Ice Arena

All Ages  
All Levels!

with  
**DEEP FREEZE**  
SKATING CLUB

Skate Rental  
Included!

**Wednesdays 6:15-7:15 pm**  
**7 week series starting September 11, 2019**

- ❄️ **\$105/7 weeks (\$5 second child discount)**
- ❄️ **1 hour class = 30 minute instructional lesson + 30 minutes supervised practice**
- ❄️ **Registration at 5:30 pm at Deep Freeze Ice Arena on the 1st day of each series**
- ❄️ **Series start dates: September 11, October 30, January 8, February 26, April 15**
- ❄️ **Learn from certified and professional coaches.**
- ❄️ **Program objectives designed by United States Figure Skating Association & USA Hockey:**
  - \* Teach children and adults the fundamentals of ice skating and hockey while building confidence and skills through each lesson.
  - \* Provide a progressive curriculum that ensures success from the first steps on the ice to the mastery of advanced skills.
  - \* Promote the health and fitness benefits of ice skating.
  - \* Equip each participant with the foundation necessary to reach their goal, be it recreational or competitive in nature.
- ❄️ **Class levels are arranged, divided, or cancelled due to enrollment & attendance.**
- ❄️ **Arrive early, it can take 15 minutes to get skates on. Dress in warm, loose layers.**
- ❄️ **Gloves are a must! Helmets are recommended, especially for younger skaters.**



**DEEP FREEZE**  
SKATING CLUB

The Deep Freeze Skating Club has many other programs to continue the skating fun! Creative theater teams, yearly show performances, group instruction focusing on the competitive and performance atmosphere, as well as hockey seminars and power clinics. Please see any member of the coaching staff if you are interested in private instruction outside of weekly class times.

[deepfreezeskateclub.com](http://deepfreezeskateclub.com) [info@deepfreezeskateclub.com](mailto:info@deepfreezeskateclub.com)



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Deep Freeze Skating Club

**DEEP FREEZE ICE ARENA 360 MCCLURG ROAD, BOARDMAN, OH 44512**