

## **WINTER CLUB OF INDIANAPOLIS**

### **Session Descriptions**

**Sunday**  
**12:15-2:15 pm**

The Sunday Family Skate is a fun, social session for all skaters, family members and guests. It accommodates all types of skating and all age groups. The final 45-minutes may consist of both general skating and ice dancing.

**Tuesday**  
**5:45 - 7:45 pm**

This two hour session is open to all types of figure skating. All skaters are welcome. This is an excellent session for Basic Skills skaters to get additional practice ice and/or private lessons with a professional coach.

**Wednesday**  
**5:30 - 7 pm\***

The Basic Skills “Learn-to-Skate” format is designed by United States Figure Skating (USFS) to be the best beginning ice skating program that is fun, challenging, and rewarding. This program serves the needs of both the recreational and competitive skaters of ALL ages, from Tiny Tots to adults. Previous skating experience is not necessary. The session is managed by Professional Skaters Association (PSA) Master rated Coach Sandy Lamb, assisted by experienced Winter Club volunteer skating instructors. The 30 minute group lessons follow a curriculum designed to provide an opportunity for skaters to learn new skills at their own pace. Parents who purchase a Basic Skills membership can learn to skate at the same time as their children. **\*Skaters should arrive by 5:30 to get ready and warm up, etc. Lessons begin promptly at 5:45pm.**

**Thursday**  
**7:30-9 pm**

This is an open practice session geared toward intermediate/advanced freestyle, dance, moves, etc. Occasionally, clinics are held during the last 30-minutes of the session covering instruction on stroking, edge quality, and artistry. There is an additional charge for these clinics.

**Private lessons with Professional Skaters Association (PSA) coaches may be arranged by skaters on the Tuesday, Thursday and/or Sunday sessions. Times are subject to changes or cancellations. Please check our website for updates.**