

➔ quick facts

AGES: 16+

LOCATION:

Carlson Ice Arena

4150 N. Perryville Rd, Loves Park, IL

OFF-ICE LOCATION Dance Studio

REGISTRATION: ends when capacity is reached.

WHAT TO WEAR:

Dress for warmth, including long pants and a jacket. Sweatpants or warm-up pants are ideal. Remember to bring gloves and a hat. Hair should be secured neatly off the face. Bring tennis shoes and bottled water in a gym bag for off-ice.

ADULT figure skating

Adult Skate Lessons (Ages 16+)

You are never too old to learn to skate or improve your skating skills! The adult curriculum is designed for the beginner adult skater. It will promote physical fitness and improve balance and coordination while teaching proper skating techniques. Divided into four levels, adult skaters will progress at an individual rate while being challenged and motivated. This is an exciting new program for people who look to skating as an enjoyable part of a fit and healthy lifestyle. The classes offer a 30 minute on-ice session and a 30 minutes off-ice session.

Carlson Ice Arena, 4150 N Perryville Rd, Loves Park

Resident..... \$50.00 Non-resident.....\$55.00

DAYS	TIME	DATES	RES/NR FEE	ACTIVITY#
SA	8:00-9:00 am	Sep 10-Oct 15	\$50/\$55	851115-11
SA	8:00-9:00 am	*Oct 22-Dec 3	\$50/\$55	851115-21
SA	8:00-9:00 am	Jan 7-Feb 11	\$50/\$55	851115-31
SA	8:00-9:00 am	Feb 18-Mar 24	\$50/\$55	851115-41
SA	8:00-9:00 am	Mar 31-Apr 28	\$40/\$45	851115-51

*No class November 26



HONORING OUR HEROES

SPECIAL DISCOUNTS

- ★ SELECT PASSES
- ★ ADMISSIONS
(Pools, Golf, Ice Facilities, Sapora Playworld, Forest City Queen, Trolley, etc.)
- ★ SHELTER REGISTRATIONS
- ★ INDIVIDUAL REGISTRATIONS FOR LESSONS, CAMPS, CLINICS, AND TOURNAMENTS



FALL SPECIAL MILITARY EVENTS



- ★ FAMILY FUN DAY AT LOCKWOOD PARK, Saturday, September 17, NOON–5 pm
- ★ CARLSON ICE ARENA/PATRIOTIC SKATE & PLAY, Friday, November 11, 8–10 pm

CONTACT INFORMATION

Questions? Contact Rockford Park District Customer Service at 815-987-8800, or visit www.rockfordparkdistrict.org/operationrecreation



HEALTHY MINDS, HEALTHY BODIES INITIATIVE:

Veterans with disabilities — we want you! This program offers a one-year membership for you and a friend or family member at the YMCA. One-on-one wellness coaching and adapted equipment are provided. The benefits are endless with an active, healthy lifestyle, so come join us for fun, fitness, and a sampling of a variety of recreational activities.

For more information visit www.rockfordparkdistrict.org or e-mail us at operationrecreation@rockfordparkdistrict.org