
Please talk to instructors at least two months ahead of time for competitions or tests!

- ◆ Skaters who want to compete need programs choreographed to music.
- ◆ Freestyle-level skaters must present a program to music, incorporating all the maneuvers of a particular level in order to pass that level.

Some skaters choose their own music and experiment with choreography, but we strongly recommend asking for help from an instructor. There are rules that must be carefully observed, such as duration and moves allowed. The music must be appropriate for the skater's age and skill level, and paced properly.

Regular Private Lessons

Most lessons are scheduled either weekly or bi-weekly, as many teachers have nearly full schedules during the busier times of the year. Programs are usually refined in private lessons at least once a week over several weeks. Repetition will help the skater do his/her best, especially younger skaters.

Occasional "Booster" Lessons

Sometimes the skater just needs a little "boost" in confidence or work on a specific skill with individual attention, and this would be a "booster" lesson not taught on a regular schedule. Please make it clear to the instructor if you want weekly or just booster lessons.

Multiple Coaches & Changing Coaches

It's fine to engage the services of more than one instructor at a time, but please be sure that the coaches are aware of this and communicating with each other. It is helpful to designate which instructor is to concentrate on what programs, skills, dance, etc. If you decide to change instructors, please discuss this with the current instructor first as a courtesy and to avoid misunderstandings. Each of our instructors has something special to offer each skater, and this should be respected even though it may be time to move on to someone else.

Please remember to check in at the front counter for practices and private lessons - *Thank you!*

Who Can Take Private Lessons?

Students enrolled in our skills lesson programs may take private lessons. (During Summer & Holiday sessions, skaters may take privates the day/week they are enrolled.) Adults 18 years or older may take private lessons without being enrolled in classes. Skaters visiting from out of town may take private lessons for up to two weeks. Even though membership plans generally include only a certain number of weeks of classes each year, skaters may take private lessons throughout the year as long as their monthly payments are current.

Schedule Private Lessons with the Teacher of Your Choice

Private lessons are usually 20 minutes long and may be conducted during "freestyle" practice sessions or *uncrowded* public sessions. Admission to these sessions must be paid for separately from the private lesson compensation to the teacher. (Note: For lessons held during public sessions, use of the music box is allowed only with permission of the management.) Arrange for regular, weekly lessons or occasional "booster" lessons.



Private Lesson Prices

Generally \$ 16.00 to \$ 20.00, depending upon the teacher. Please pay the teacher directly. Each teacher has their own system of tracking and billing, so discuss this with the teacher when you schedule lessons for the first time.

Music Editing Prices

Generally \$ 15.00-20.00 for two CDs with 1-2 simple cuts. Please pay the teacher directly. For longer programs and/or complicated edits, the cost may be higher. Students should have at least one back-up CD.

Ice Time Must Be Paid For Separately

Whether lessons are scheduled during "freestyle" practice times or uncrowded public sessions, skaters must pay for the ice time separately from the private lesson itself and check-in at the counter. If you purchase the "All You Can Skate" package, all practices and public sessions are included!

Cancellations

It is the skater's responsibility to notify the instructor of cancellations at least 24 hours ahead of time so that the instructor can schedule another student for the allotted time.

All of our teachers are Professional Members of the international Ice Sports Industry. Each serves a rigorous apprenticeship in our school before being assigned to classes.



Private Lessons & Practice Ice at the Ice Chalet

Private lessons are available to students enrolled in our group skills lesson programs!



Robert Unger
1925-2007

A native of Nuremberg, Germany, Robert Unger was a highly acclaimed skater who won titles in ice and roller skating championships in Europe. He was a featured performer in world-wide productions of *Holiday On Ice* and in European shows for 18 years before making his home in Knoxville in 1963. Also a master-rated teacher, he was a leader in the development of the Ice Sports Industry's recreational skating program.

Ice Chalet
100 Lebanon Street
Knoxville TN 37919
tel 865-588-1858

icechalet@chaleticerinks.com
www.chaleticerinks.com

Welcome to the Ice Chalet and the Robert Unger & Larry LaBorde School of Ice Skating!

Over the past 55+ years, we have established a tradition of quality ice skating instruction and public ice skating entertainment. Thank you for skating with us!

What is ISI (the Ice Sports Industry)?

Our lessons are based on the Ice Sports Industry's recreational ice skating program. Each test level serves as a building block for the next, so skating can be a *lifelong* hobby. All ages and all skill levels can be involved. Our Spring competition is the oldest continuously running ISI competition in the world. ISI membership includes a quarterly magazine and supplemental insurance. **ISI membership (\$15 value) is included in all class registration fees.**

What do we teach in each class?

Beginning and Advanced Tots

These classes are for ages 3-5. While playing games and singing songs, students learn proper falling, marching, gliding, and moving forward and backward. Gloves and a toboggan or helmet are recommended.

Beginners (Pre-Alpha)

Beginner students learn balance and do simple glides and swizzles forward and backward. Anyone over age five who has never taken classes should start here.

Alpha 1 (Beginner Alpha) & 2 (Advanced Alpha)

In Alpha, skaters learn forward stroking, forward crossovers in both directions, and a simple snowplow stop.

Beta 1 (Beginner Beta) & 2 (Advanced Beta)

Students work on backward stroking and backward crossovers, plus a T-stop with each foot.

Gamma

Students begin to work on turns (forward outside edge 3-turns and inside mohawks), as well as a hockey stop.

Delta

Students work on inside edge 3-turns, forward edges, bunny hops, lunges, and shoot-the-ducks.

Freestyle

There are ten levels with different jumps, spins, and footwork patterns.

Ice Dancing

Skaters who have passed Alpha can learn to dance on ice! There are 20+ ice dances from the waltz to the tango!

What should I wear?

Small children should always wear gloves/mittens and head protection of some kind. Skaters should wear only one, *thin* pair of socks -- this allows for a better skate fit.

Freestyle Practice Sessions

Not just for Freestyle skaters! Sessions may be limited to a specific number of skaters for safety, and levels are strictly enforced during busy sessions.

Days & Times (During Fall, Winter & Spring Terms)

Mondays

3:45-4:45 p.m.

Beginner - Freestyle 3

4:45-5:45 p.m.

Beginner - Freestyle 3

Tuesdays (Note: Includes several test days)

6:00-8:00 a.m.

All Levels

8:00-9:00 a.m.

All Levels

3:45-5:15 p.m.

Freestyle 1-10

Wednesdays

6:00-8:00 a.m.

All Levels

8:00-9:00 a.m.

All Levels

7:00-7:45 p.m.

All Levels

Thursdays

7:45-10:00 a.m.

All Levels

3:45-4:45 p.m.

Gamma-Freestyle 10

4:45-5:45 p.m.

Gamma-Freestyle 10

Fridays

6:00-8:00 a.m.

All Levels

8:00-9:00 a.m.

All Levels

6:15-6:35 p.m.

Team Practices (3+ skaters)

Saturdays

6:00-6:45 a.m.

All Levels

Sundays

9:00-10:00 a.m.

Freestyle 4 & up

10:00-11:00 a.m.

Freestyle 4 & up

11:15 a.m.-12:45 p.m.

Basics - Freestyle 3

Exceptions to the Regular Practice Schedule...

Sept. 3 (Labor Day), Oct. 5-7 (Theatrical Challenge). Nov. 22 (Thanksgiving), Dec. 3-9 (Nutcracker), Dec. 21-Jan. 7 (Holiday Sessions), Jan. 21 (MLK Day), Feb. 18 (Presidents' Day), April 21 (Easter), May 2-5 (RU Competition), May 11-12 (ProSkaters), and...

Test Days (partial sessions): Aug. 28, Oct. 30, Nov. 24, Jan. 5, Feb. 26, March 23, and May 28.

Please check our online calendar for any changes:
www.chaleticerinks.com/Calendar.html

Should I buy my own skates?

Skate rental is free with your lessons. However, having your own skates can speed up your progress. The Ice Chalet has figure and hockey skates for sale. You will receive a professional fitting and sharp blades at the time of purchase, as well as a public session pass good for five free admissions! Call ahead to make sure a qualified staff member is available to help. 865-588-1858



Monthly Memberships and Passes

Individual Public Session Pass

Covers 5 sessions. Skate rental is extra.

Individual Public Session Pass Plus

Covers 5 sessions. Skate rental is included.

Monthly Individual Public Session Pass

Year-long commitment. Covers admission to all public sessions during the season.

Monthly Family Public Session Pass

For immediate family members; maximum of 5 persons. Covers admission and skate rental.

Freestyle Practice & Stroking Pass

Attend any of our regular freestyle practice sessions appropriate for your skill level or choose a stroking class instead. Skaters must check-in at the main counter! See "Advanced" brochure for the stroking class schedule. **Note: This does *not* entitle the skater to take private lessons.**

For more skating options, check out our Membership Plans!

Nutcracker On Ice Practices Oct. 15 - Dec. 3

Students enrolled in our school for the Fall term are eligible to participate in our annual holiday show to be presented December 5-9. Any skill levels, any age! Entries are due September 9th. Rehearsals are held during our freestyle practice times so private lessons will be limited or impractical during these sessions.



Private lessons are available to students enrolled in our group skills lesson programs! Please verify your eligibility before making arrangements for lessons.



Gina Alexander

Basics; Freestyle; Synchro \$ 17.00/lesson
gbalexander@bellsouth.net

Gina began skating at the Ice Chalet at age 10. She is a Bronze-level ISI Judge. Gina is also certified by ISI as a skating instructor at the Core (Tots through Delta) and Intermediate (Freestyle 1-5) levels. She holds a B.A. from the Univ. of Tennessee.



Amanda Bates-Cloutier

Basics; Freestyle; Fitness \$ 18.00/lesson
sk8ingrd@yahoo.com

Amanda has passed ISI Freestyle 8 and Dance 5, and USFS Novice Free, Senior Moves & Bronze Dance. She is a Gold-level ISI Judge. Amanda is also a Registered/Licensed Dietitian with a Masters degree in Clinical Nutrition.



Jill Brehmer

Basics; Freestyle; Dance \$ 18.50/lesson
jebattist@gmail.com

Jill began skating at the age of 8, competing and testing in the USFS system. She has passed USFS Senior Free, Senior Moves & Gold Dance. Jill previously taught skating in Cleveland, OH. She holds a B.A. in Psychology (Dance minor) and an M.Ed. She is a Gold-level ISI Judge and PSA member.



Laurel Brunell

Basics, Freestyle \$ 16.00/lesson
laurelbrunell57@gmail.com

Laurel grew up skating at the Ice Chalet and has appeared in many *Nutcracker On Ice* shows and ISI competitions over the years. She passed Freestyle 7 and is a Silver-level certified judge. Laurel attended Disney University in Anaheim, CA.



Kate Campbell

Basics; Freestyle; Synchronized \$ 17.50/lesson
webb.kathryn.k@gmail.com

Kate has participated in many shows and competitions, and is continuing her Dance and Freestyle training. She is an ISI Gold-level & Synchro judge. She is also certified as an ISI skating instructor at the Core & Intermediate levels.



Lucie Krausova

Basics, Choreography \$ 18.50/lesson
xkrausoval@yahoo.com

Lucie has over 10 years of experience as a professional show skater, performing for Royal Caribbean Cruise Lines among others. She was also an ISU World-level competitor. Lucie is certified as an ISI Bronze-level judge.



Devon Harman Renfro

Basics; Freestyle; Dance; Moves in the Field \$ 18.50/lesson
devon.harman@yahoo.com

Devon has passed ISI Freestyle 6 & ISI Dance 10, as well as USFS Junior Free Skating, Gold Moves in the Field, Gold Dance & Gold Free Dance. Devon is PSA-rated in Freestyle, Moves in the Field & Sports Science. She is also a Gold-level ISI judge. Devon holds a B.S. degree from Carson-Newman.



Nikki Copeland-Ronayne

Basics; Freestyle; Moves in the Field; Synchro \$ 15.00/lesson
nikki.ronayne@gmail.com

Nikki was a competitive ISI & USFS skater in her youth. She completed through her Novice level test and performed with *Holiday on Ice*. She has 20+ years of coaching experience in a variety of disciplines.



Mary Lu Shipstad

Basics, Freestyle, Pairs \$ 18.50/lesson
luluship@icloud.com

Mary Lu has over 15 years of professional show skating experience, including principal soloist for Disney on Ice and show director. She is a USFS Gold Medalist in Figures and Freestyle as well as Pre-Silver in Ice Dancing. Mary Lu is an ISI Gold-level judge and Synchro-certified judge. She is also certified as a skating instructor in both the Core (Tots-Delta) and Intermediate (Freestyle 1-5) levels.



Rebecca Varnon

Basics \$ 16.00/lesson
rvicecat@gmail.com

Rebecca has passed Freestyle 6 in ISI and has participated in many ISI competitions and shows. She is a Bronze certified judge and instructor of core levels (Tots-Delta).



Larry LaBorde Manager

Figures; Dance; Freestyle; Pairs; Couples; Moves in the Field \$ 20.00/lesson
865-588-1858; cell 865-386-6869
llaborde@bellsouth.net

Larry spent five years touring with *Holiday On Ice*, the U.S. tour that is now called *Disney On Ice*. He holds Master ratings in Group Instruction, Program Administration, and Sports Sciences Medicine, as well as Senior ratings in Dance and Freestyle and Certified ratings in Pairs, all in the Professional Skaters Association system. He holds the Registered rating in "Moves in the Field" is rated in Hockey I and II. Larry is a Gold Medalist in Ice Dance in the USFS system.



Julia Hardin Skating Director

Basics; Freestyle; Dance; Synchronized \$ 18.50/lesson
funtoicesk8@gmail.com

Julia was among Mr. Unger's first students, taking her first lessons at the Ice Chalet in 1963. She earned a law degree, served as associate dean at UT, and directed a national citizenship program before returning home to Knoxville. Julia is an ISI Gold-level & Synchro-certified judge as well as a certified Referee. She holds the basic accreditation & membership with PSA. She is also certified by ISI as an instructor at the Core (Tots-Delta) & Intermediate (Freestyle 1-5) levels.



Sarah Brown Bauguess

Test Chair
Basics; Dance; Freestyle; Synchronized \$ 18.50/lesson
CutThisEdge@aol.com

Sarah started skating at the Ice Chalet at age 6 and started teaching in 2000. She passed ISI Freestyle 6 & Dance 10+ as well as USFS Juvenile Free, Pre-Silver Dance & Novice Moves-in-the-Field. Sarah has a B.S. in Figure Skating Science from the Univ. of Delaware and a Masters in Sport Psychology from the Univ. of Tennessee. She is certified as a Gold-Level ISI Judge.

Schedule Private Lessons Directly with the Teacher of Your Choice!
You can read more about our teachers' experience and qualifications on our web site:
www.chaleticerinks.com