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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.

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#### 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.

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#### 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.

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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. This is a special membership benefit! Note: Multi-visit passes, such as the Freestyle Stroking and Practice Pass, do not qualify the skater to take private lessons.

#### 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.



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## Private Lessons & Practice Ice *at the* *Ice Chalet*

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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.

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

icechalet@chaleticerinks.com  
www.chaleticerinks.com

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

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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.

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Please check our online calendar for any changes:  
[www.chaleticerinks.com/Calendar.html](http://www.chaleticerinks.com/Calendar.html)

### 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)*

<b>Mondays</b>	
3:45-4:45 p.m.	<i>Beginner - Freestyle 3</i>
4:45-5:45 p.m.	<i>Beginner - Freestyle 3</i>

<b>Tuesdays (Note: Includes several test days)</b>	
6:00-8:00 a.m.	<i>All Levels</i>
8:00-9:00 a.m.	<i>All Levels</i>
3:45-4:45 p.m.	<i>Freestyle 1-10</i>
4:45-5:45 p.m.	<i>Freestyle 1-10</i>

<b>Wednesdays</b>	
6:00-8:00 a.m.	<i>All Levels</i>
8:00-9:00 a.m.	<i>All Levels</i>
7:00-7:45 p.m.	<i>All Levels</i>

<b>Thursdays</b>	
7:45-10:00 a.m.	<i>All Levels</i>
3:45-4:45 p.m.	<i>Gamma-Freestyle 10</i>
4:45-5:45 p.m.	<i>Gamma-Freestyle 10</i>

<b>Fridays</b>	
6:00-8:00 a.m.	<i>All Levels</i>
8:00-9:00 a.m.	<i>All Levels</i>
6:15-6:35 p.m.	<i>Team Practices (3+ skaters)</i>

<b>Saturdays</b>	
6:00-6:45 a.m.	<i>All Levels</i>

<b>Sundays</b>	
9:00-10:00 a.m.	<i>Freestyle 4 &amp; up</i>
10:00-11:00 a.m.	<i>Freestyle 4 &amp; up</i>

11:15 a.m.-12:45 p.m.	<i>Basics - Freestyle 3</i>
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### 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.

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Schedule Private Lessons Directly with the Teacher of Your Choice!

### 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.



### 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. - Dec.)

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.



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Private lessons are available to students enrolled in our group skills lesson programs (or adults 18+)! Please verify your eligibility before making arrangements for lessons.



**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.



**Lucie Krausova**  
**Basics, Freestyle, 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 and is a member of PSA and USFS.



**Arianna McElyea**  
**Basics; Freestyle; Synchronized**

**\$ 17.50/lesson**  
**skatingcecile@comcast.net**

**Arianna** has passed Freestyle 4 & Dance 6 and is an ISI Gold-level and Synchro judge. She is also certified as an ISI skating instructor at both the Core (Tots-Delta) & Intermediate (Freestyle 1-5) levels.



**Janet Lynn**  
**Basics, Freestyle, Figures, Choreography**  
**\$ 100.00/hour for private or semi-private**  
**joyofskating@live.com**  
**1972 Olympic Bronze Medalist**  
**5-time US National Champion**



**Amanda Merritt**  
**Basics; Freestyle; Synchronized**

**\$ 18.00/lesson**  
**amandamerritt5678@gmail.com**

**Amanda** performed as a professional skater for 15 years, touring worldwide with shows such as Royal Caribbean Cruise Lines and Feld Entertainment. She was a cast member of a popular Dutch TV program and taught in Scottsdale, Arizona for several years.



**Candace Pyun**  
**Basics; Freestyle; Synchronized**

**\$ 18.00/lesson**  
**pyuncl813@gmail.com**

**Candace** was a professional skater for six years, performing with Holiday On Ice, Magic On Ice, and Illusion on Ice around the world. She taught at rinks in Ohio, North Carolina, and Colorado. Candace earned a B.S. in Dietetics from Miami Univ., where she skated on the Jr Varsity and Intercollegiate teams.



**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 and Synchro judge, and is certified as a skating instructor in both Core (Tots-Delta) and Intermediate (Freestyle 1-5) levels.



**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 several 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 judge as well as a certified Referee. She holds the basic accreditation & membership with PSA and is certified by ISI as an instructor at the Core (Tots-Delta) & Intermediate (Freestyle 1-5) levels.



**Sarah Brown Baugess**

**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.

Private lessons are available to students enrolled in our group skills lesson programs (or adults 18+). Please verify your eligibility before making arrangements for lessons.

*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.*