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Please talk to instructors at least two months ahead 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.

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!

### 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.

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### Freestyle Practice Sessions

*Not just for Freestyle skaters!*

**Mondays, Tuesdays,  
Thursdays**  
3:30-4:30 p.m.  
4:30-5:30 p.m.

**Tuesdays, Wednesdays,  
Fridays**  
6:00-7:00 a.m.  
7:00-8:00 a.m.  
8:00-9:00 a.m.

**Wednesdays**  
3:45-4:30 p.m.  
**Thursdays**  
8:00-9:30 a.m.  
**Saturdays**  
6:00-6:30 a.m.  
**Sundays**  
9:00-10:00 a.m.  
10:00-11:00 a.m.  
11:00 a.m.-12:00 p.m.

Please check our online calendar for any changes:  
<https://services.chaleticerinks.com>

### 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. Membership plan skaters may take private lessons throughout the year as long as their monthly payments are current. Multi-visit passes, such as the Freestyle Stroking and Practice Pass, do not qualify skaters for 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.)

### Private Lesson Prices

Generally \$ 17.00 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.

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



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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](mailto:icechalet@chaleticerinks.com)  
[www.chaleticerinks.com](http://www.chaleticerinks.com)



**Amanda Bates**  
Basics; Freestyle; Fitness

\$ 18.00/lesson sk8ingrd@yahoo.com

Amanda has passed ISI Freestyle 8, Dance 5 & 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, as well as an accomplished fitness trainer.



**Jessi Goble Buchko**  
Basics; Freestyle; Synchronized

\$ 18.00/lesson jgoble96@gmail.com

Jessi has over 10 years of experience as a competitive skater in the USFS system. She passed ISI Freestyle 9 and USFS Senior Moves and Senior Freeskate, and two-thirds of Silver in Ice Dance. Jessi is an ISI Gold-level judge and a PSA member.



**Laurel Brunell Giovengo**  
Basics, Freestyle

\$ 18.00/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.



**Hannah Hughes**  
Basics; Freestyle; Choreography

\$ 18.50/lesson coachhannahhughes@gmail.com

Hannah has been coaching and teaching at various ice rinks for over 10 years. She has passed ISI Freestyle 8, USFS Senior Moves and Senior Free, and is an ISI Gold-level judge. Hannah is a graduate of Indiana University and is an Optometrist with University Eye Specialists.



**Lucie Krausova**  
Basics, Freestyle, Choreography

\$ 19.00/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 Gold-level judge and is a member of PSA and USFS.



*Special Guest Instructor:*

**Janet Lynn**

\$ 100.00/hour private/semi-private  
joyofskating@live.com  
1972 Olympic Bronze Medalist  
5-time US National Champion



**Rachil McAllister**  
Basics

\$ 17.00/lesson rachilmcallister@gmail.com

Rachil learned to skate at the Ice Chalet. She has participated in many ISI shows and competitions, and is an enthusiastic performer with a passion for teaching and music. She is a Bronze-level ISI judge.



**Arianna McElyea**  
Basics; Freestyle; Synchronized

\$ 18.00/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 the Core (Tots-Delta) & Intermediate (Freestyle 1-5) levels. Arianna earned a bachelor's degree in criminal justice.



**Candace Pyun**  
Basics; Freestyle; Synchronized

\$ 18.50/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.



**Michelle Sheppard**  
Basics, Freestyle, Figures, Synchronized

\$ 18.50/lesson bmichellesheppard@gmail.com

Michelle grew up skating at the Ice Chalet. She passed ISI tests in Freestyle 6 & Couple 6 as well as Dance and Figures. She skated eight seasons with Disney On Ice. Michelle is an architect by profession and Mom to two great sons.



**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.



**Rebecca Varnon Sproles**  
Basics, Freestyle

\$ 18.00/lesson rvicecat@gmail.com

Rebecca has passed Freestyle 6 in ISI and has participated in many ISI competitions and shows. She is a Silver-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@chaleticerinks.com

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 USFS.



**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 with PSA, is a member of USFS, and is 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.



**Amanda Merritt**  
Assistant Skating Director  
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.

*Our teachers are Professional Members of  
the international Ice Sports Industry.*