

## Private and Semi Private Lesson Request Form



Date: \_\_\_\_\_

Student's  
Name: \_\_\_\_\_

Age: \_\_\_\_\_ Male / Female

Skating Experience/  
Level: \_\_\_\_\_

Mother's /Father's  
Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Preferred Coach: \_\_\_\_\_

No Preference:

Preferred: Semi Private or Private lesson

Special Requests:

Return this form by placing it in the Black LTS registration box located at the front of the building or you can email your request to [ltsdirector@aol.com](mailto:ltsdirector@aol.com) or leave a voice mail at 425-821-7133 ext. 104

## Private and Semi Private Lessons

Kingsgate's coaching staff can assist your child with further development of their current skill level. A weekly private or semi-private lesson along with a weekly group lesson is highly recommended. Initially private lessons are meant as a supplement to group lessons, not a replacement.

All of our Instructors are independent contractors; **the cost of ice time is not included in the coaching fee.** Their rates vary from \$48.00 - \$80.00 per hour, most instructors teach in 15 and 30-minute increments. Your request will be forwarded to an appropriate instructor/coach and you will be contacted directly by that coach. Any and all lessons are scheduled directly with the individual coaches. Instructor fees are payable directly to the coach at the time of the lesson.

Admission/ice fees are to be paid to the Arena prior to the lesson.

### Kingsgate Ice Arena

Skating Director: Lisa Ware  
Email: [ltsdirector@aol.com](mailto:ltsdirector@aol.com)  
Phone: 425-821-7133 ext.104

[www.kingsgatearena.com](http://www.kingsgatearena.com)

[www.kingsgateskatingclub.org](http://www.kingsgateskatingclub.org)



# Skating

# 101

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*Kingsgate Ice Arena  
14326 124th Ave NE #A  
Kirkland, WA 98034*

*425-821-7133 ext. 104*

*[www.kingsgatearena.com](http://www.kingsgatearena.com)*

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## The Progression of Skating Made Simple...

### Basic 1,2 and 3

#### Q. How do I support my child?

A. Be on time and prepared for the lessons. Have them dressed in layers that allow for movement. Always remember gloves or mittens. Safety helmets are strongly encouraged for everyone.

#### Q. If my child won't stop talking about ice skating, does this mean I should push them more?

A. Your child will tell you when they are ready and want to skate more. It is important that it remains fun. You can encourage them to practice and be positive.

Q. **My child wants to play hockey. At what level should we transition into hockey skates and Sno-King hockey programming?** A. We recommend that your child learns forward and backward crossovers which are at the basic 4/5 level. Your child can transition into hockey skates when they feel they are ready.

[www.snokinghockey.com](http://www.snokinghockey.com)

#### Q. Would it benefit my child to purchase skates?

A. If your child is interested skating more; it would serve them to own their own equipment. Talk to your class instructor and ask what they would recommend. You can purchase skates at Kingsgate arena (Nana's Skate Shop) or at local pro shops in the area

### Basic 4,5 and 6

#### Q. My child would like to skate more. How much should my child practice? When can we practice?

A. Practice and commitment are the keys to success. Some options would be to add a second Learn to Skate class and or a semi private lesson. If possible, we recommend for every lesson a skater should practice 1-2 times. You can practice on all of our scheduled Public Sessions and if you are a member of USFS basic skills you are eligible to skate on Freestyle sessions.

[www.kingsgateskatingclub.org](http://www.kingsgateskatingclub.org)

#### Q. When should I hire a coach and which coach is right for my child?

A. You can hire a coach for supplemental or regular private/semi private lessons at any time. Some things you may want to look for in a coach are personality, teaching style, experience and background.

#### Q. Do you have additional programs for adults interesting in furthering their skating skills.

A. Yes! We pride ourselves in our adult programming and currently have a number of programs catering to the adult skater. Please see schedule and class descriptions for more details.

[www.kingsgatearena.com](http://www.kingsgatearena.com)



### Basic 7,8, Free Skate Bridge Programming

#### Q. My child is talking about competition and performing. How do I get my child into competition?

A. At these more advanced levels, it is our goal to provide more detailed information to you and your child about our In-House competitions, performance opportunities and Kingsgate Skating Club. **An informative parent meeting will be provided once per series .**

#### Q. What is the Bridge Program?

A. The Bridge Program is offered on Freestyle sessions in a semi-private learning environment. It is for students that are ready to focus on more advanced edge technique, jumps, spins and serves as a transition for those that are interested in performing, testing and or competing.

#### Q. When can my child join the Bridge Program?

A. A student must have passed basic skills level 5 and have instructors permission.

For More Information visit us at:

[www.kingsgatearena.com](http://www.kingsgatearena.com)

[www.kingsgateskatingclub.org](http://www.kingsgateskatingclub.org)

[www.snokinghockey.com](http://www.snokinghockey.com)

