



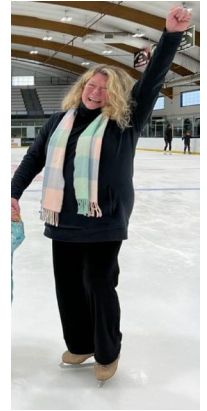
Saturday Skaters:
Thank you for your patience and understanding! Understandably, a change in location and time can be very disruptive to family calendars. SNHSC apologizes for the inconvenience!



The PIES ARE ARRIVING WEDNESDAY!

If you ordered a pie through the Club's pie fundraiser, the pies will be available for **pick up** at the following location:
JFK MEMORIAL COLISEUM
303 Beech St, Manchester
WEDNESDAY, NOVEMBER 15
5:30 – 7:30PM
If you are unable to pick up your pie during that time, please email Danielle Piccolo: dmpiccolo@comcast.net

Parent/Guardian Meeting!
November 11 – St. Anselm Arena
November 12 – JFK Arena
Please listen for an announcement at the rink, or look for Teri Nordle (pictured, right), SNHSC President.




Basic 1



- A. Sit on ice and stand up
- B. March forward across the ice
- C. Forward two-foot glide
- D. Dip
- E. Forward swizzles – 6-8 in a row
- F. Backward wiggles – 6-8 in a row
- G. Beginning snowplow stop on two feet or one foot
- ★ Bonus skill: Two-foot hop in place

Basic 2



- A. Scooter pushes – R and L
- B. Forward one-foot glides – R and L
- C. Backward two-foot glide – Glide the length of skater's height
- D. Rocking Horse (one forward swizzle, one backward swizzle) – Repeat twice
- E. Backward swizzles – 6-8 in a row
- F. Two-foot turns from forward to backward in place – clockwise and counterclockwise
- G. Moving snowplow stop
- ★ Bonus skill: Curves

What will a skater learn in Basic 1 and Basic 2? The required elements are listed on the left.

Tip: Unsure how to do a forward swizzle? YouTube is a great place to watch "how to" videos and learn more about skating moves from the comfort of your living room!

DONATIONS NEEDED for the SNHSC Penny Sale! Please drop off at the information table on Saturday or Sunday at the rink! Thank you!



Sign up for the Holiday Exhibition and participate in an evening of Holiday Magic! Go to snhsc.com to register!

ANNOUNCING ICE REVUE 2024!
ALL skaters, regardless of age/level are invited to participate! Registration and thrilling new **SHOW THEME** will be posted **December 2!**

MARK YOUR CALENDARS:
➤ **November 14:** USFS Test Session. 8:30am – 1:00pm, Ice Den
➤ **December 16:** Holiday Exhibition, 5:30pm, Ice Den Arena
➤ **March 30, 2024:** Annual Ice Show

SOUTHERN NEW HAMPSHIRE SKATING CLUB

NOVEMBER/DECEMBER ICE SCHEDULE			
SUNDAYS	MONDAYS	THURSDAYS	SATURDAYS
10:30 - 10:50 a.m. Figures & FUNdamentals	NOV 6 – NOV 20 6:20 - 7:50 p.m. Freestyle CLUB NIGHT!	NOV 2 – NOV 16 6:30 - 7:40 p.m. Freestyle	8:00 - 9:20 a.m. Freestyle
10:50 - 11:15 a.m. Ice Dance	NOV 27 – DEC 18 6:40 - 8:10 p.m. Freestyle CLUB NIGHT!	NOV 30 – DEC 21 6:40 - 7:40 p.m. Freestyle	9:20 - 9:50 a.m. Ice Dance
11:15 - 12:35 p.m. Freestyle	<ul style="list-style-type: none"> Beginning Nov. 18, Saturday schedule will be updated to provide ice time for exhibition practice. No ice Nov. 23rd and Nov. 25th. To register and for complete ice schedules, visit www.snhsc.com 		9:50 - 10:10 Power & Edge
12:35 - 1:05 p.m. Learn to Skate (Basic 3 - Freeskate 6)			10:15 - 10:45 a.m. Learn to Skate
1:05 - 1:20 p.m. Practice Ice			10:45 - 11:00 a.m. Practice Ice
1:25 - 1:50 p.m. Learn to Skate (Tots - Basic 2, Adults)			