



FALL / WINTER

# PROGRAMS

2023 - 2024



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

SCAN ME





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# PROUD HOME OF



LANSING  
HOCKEY CLUB



## Welcome To East Lansing Ice Cube

East Lansing Ice Cube, owned by Black Bear Sports Group, Inc. is a multi-purpose sports facility located in East Lansing, Michigan. Opened in 1999, the over 90,000 square-foot facility includes 2 NHL-sized ice rinks. Additionally, the facility is home to a number of on-site businesses including Perani's Hockey World, Impact Sports Performance, and The Studio. The ice rinks are complemented by meeting/party rooms that support a variety of corporate and community functions as well as group outings/field trips. The facility provides the community with various hockey and skating programs, public skating, drop-in activities, leagues, trade shows, and private rentals. Proud home of the Lansing Hockey Club, Biggby Coffee Hockey Club, Lansing Skating Club, Eastside Stars, Capitol City Caps, and MSU Club Sports.





# PUBLIC SKATING

Hit the ice and see for yourself why ice skating at East Lansing Ice Cube is a favorite activity for people of all ages! Whether you are with friends, family, on a date or just out for some exercise, gliding out on the ice is a unique experience! East Lansing Ice Cube hosts numerous public skating sessions each week, as well as multiple special skating events throughout the year that are budget-friendly and always fun! Check out public skating page on our website to view the latest public skating calendar!

\*Schedules are subject to change.\*

# BIRTHDAY PARTIES

Put your birthday party on ice! Held during our public skating sessions, our birthday parties include decorations, your own helper/instructor, plus pizza, drinks and more! Our staff works hard to assure each party is hassle free for the organizers, and that each guest has fun from start to finish.

Prices and options available online.

Scan For  
Public Skating



Scan For  
Birthday Parties





# LEARN TO SKATE

Strength. Confidence. Achievement. Experiences. Memories.

Discover this and more with our Learn to Skate program.



## The Beginning of Your Journey

Our very talented skating professionals are qualified to teach all levels from beginner recreational to advanced competitive!

Through our Learn to Skate USA curriculum and our certified, passionate instructors, we build solid skill progression to grow self esteem in both children and adults while providing them the resources to reach their hopes and dreams.

- Each session includes 6 weeks of lessons (1 lesson per week)
- Each lesson is a 30 minute class + 20 minute practice
- Learn to Skate takes place on
- Mondays (5:00-6:20 p.m.) &
- Sundays (1:30-3:20 p.m.)

Check our website for dates and to register!

Scan For  
Learn To Skate



## Freestyle

Freestyle sessions are available for US Figure Skating members only. Figure skaters and skating coaches have the freedom to use the ice for distraction-free practice and preparation. Our skating program is run in conjunction with the Lansing Skating Club.

Scan For  
Freestyle



Check our website for ice time and to register!

# NEXT STEPS



## The Aspire Program

THE "NEXT STEP" FOR SKATERS IN LEARN TO SKATE

- For skaters ages 5-10, in Basic 3 or above, or through recommendation.
- Helps transition between group lessons and a more competitive private lesson setting.
- Teaches good practice habits on and off the ice. Will include on and off ice practice schedules.
- Introduces skaters to moves in the field, edge classes, program components, choreography, beginner spins and beginner jumps.
- Gives skaters the opportunity to learn from a variety of our senior coaches.
- Provides parental involvement and education of the figure skating world.

Scan For  
Aspire Program



## Lansing Skating Club

The Lansing Skating Club is one of the oldest, continuously active clubs in U.S. Figure Skating (USFS), the national governing body of figure skating. LSC was established in the winter of 1947 and was granted full membership status in the spring of 1951. We are a volunteer, non-profit organization, subject to the USFS rules and regulations.

LSC is dedicated to the promotion of all disciplines of figure skating, including freestyle, pairs, dance, and synchronized team skating. We encourage and support the development of skaters of all ages and skill levels, from preschoolers to adults, and from beginner to advanced. Many of our members participate in figure skating competitions throughout the state, country, and even internationally. Some of our competitors have gone on to become coaches, test and competition judges, and USFS officials.

Our dedicated Skating Director and experienced team of coaches provide year round developmental programs for all levels of skaters in basic skills, moves in the field, freestyle, pairs, and dance.

Scan For  
Lansing Skating Club





# LEARN THE GREATEST GAME ON EARTH!



## 8U PROGRAM

Scan For  
8U Program



### AGES 4 - 8

Our 8U Program is recommended as a first step for beginning hockey players who have completed a Learn to Skate class and have a solid base of fundamental skating skills.

- Sparties Program - Level 1 Ages 4 - 8
  - Practices on Sunday at 1pm! The perfect hockey class to pair with Learn to Skate!
  - This class is for participants that are new to the game of hockey, but familiar with skating! Players find the most success by transferring into this class after already taking a few Learn to Skate classes.
- Mini Mites Program - Level 2 Ages 4 - 8
  - Practices on Wednesdays 5:30-6:20pm
  - Game Days: Sundays 3-3:50pm
  - Typically for players ages 5-8 who have 1-2 years of prior hockey experience.
- Mites Program - Level 3
  - Practices on Wednesdays 6:30-7:20pm
  - Game Days: Sundays 2-2:50pm
  - Typically for players ages 6-8 who have 2-3 years of prior hockey experience.

Scan For  
B Program



## B PROGRAM

This recreational hockey league emphasises two key elements of the game of hockey: skill development and FUN! This league will last 6 months and play in the greater Central Pennsylvania region including (on average) 1 skill session and 1 game per week against other teams in the greater Central Pennsylvania region.

Limited travel for away games.





# PLAY THE GREATEST GAME ON EARTH!



## LANSING HOCKEY CLUB



Established in February of 2014, with the goal of creating one united youth hockey association in Lansing, Michigan and combining the hockey talent from Suburban Ice East Lansing and The Summit Sports and Ice Complex. The Lansing Hockey Club offers youth hockey teams at the house (B) and travel (A and AA) levels in the Mite through Midget age divisions. Kids can join the Sparties & Mini Mites (ages 4-9) and Mites (ages 5-8). The LHC is also a member of the West Michigan Elite Hockey Association, providing Tier 1 Hockey opportunities for all levels of hockey from Pee Wee through Midget for all District 6 communities.

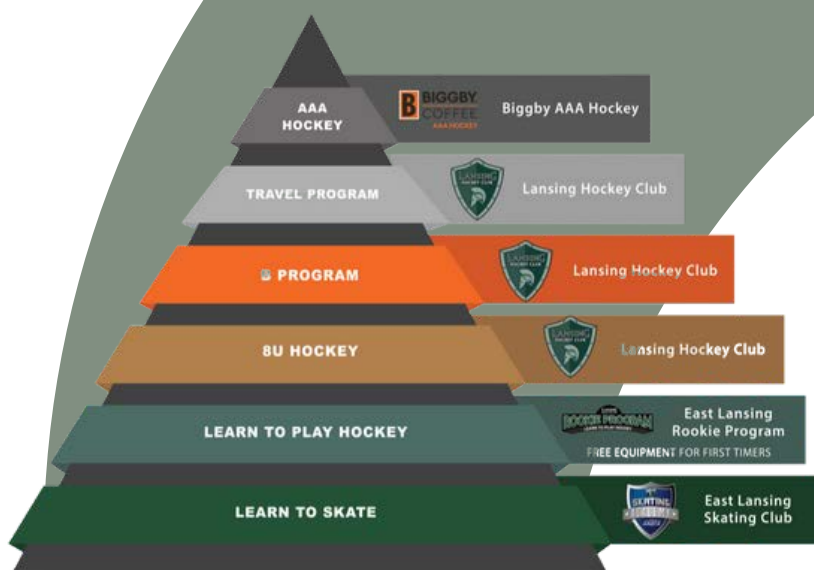
## BIGGBY AAA HOCKEY

Biggby Coffee Hockey Club will offer youth hockey teams for all youth players at every skill level, Instructional, Tier I, Tier II, and Tier III. The expanded Biggby Coffee Hockey Club is projected to have 600+ members.

Scan For  
Lansing Hockey Club



Scan For  
Biggby AAA Hockey



## PYRAMID OF HOCKEY



# Fall/Winter Adult Hockey Leagues



*Powered by Foundry Adult Hockey*



Foundry Adult Hockey is the largest and most comprehensive adult hockey organization in the U.S.A. With Foundry Adult Hockey, you can Play Your Game... As a hockey enthusiast, you can learn the game and or play the game whenever you want, wherever you want, and at any level you want.



## Fall/Winter Adult Hockey Leagues

*Powered by Foundry Adult Hockey*



**30+, 40+ & 50+ Sunday Leagues**  
September 17, 2023 - April 21, 2024  
26 Weeks

**18+ Monday/Tuesday Leagues**  
October 9, 2023 - April 15, 2024  
21 Weeks

Scan For  
Adult League



## New Program!

*Beginning January 2024*

Open to adults 18+ who have never played hockey. It will combine on-ice skills sessions with instructional games. During this program, participants will learn the fundamental skills of ice hockey, including how to skate if they've never done so before.

Look for more information  
in late fall 2023!

*Learn More at [FoundryAdultHockey.com](https://FoundryAdultHockey.com)*





# PRIMETIME HOCKEY

## 2023 - 2024 FALL/WINTER PRIMETIME HOCKEY

**ADULT HOCKEY: Skills & Conditioning Series**  
Professional coaching for men & women of all abilities

Fall Session: September 20 - December 13, 2023  
Winter Session: January 3 - March 27, 2024



Scan For  
Primetime Hockey





# UPCOMING TRY SKATING & TRY HOCKEY FOR FREE EVENTS



## Try Skating For FREE



Try Skating For Free events are for skaters ages 3 - 12. Rental skates are provided for free. Helmets are required but are not provided.

\*Participants cannot be registered in another program at the the East Lansing Ice Cube.

### PRE-REGISTRATION REQUIRED

Friday, September 8, 2023 6:50 - 7:40pm

Sunday, January 21, 2024 3:30 - 4:20pm

Wednesday, May 22, 2024 5:30 - 6:20pm



## Try Hockey For FREE



Try Hockey For Free events are for new players ages 3 - 12. Rental skates are provided for free. Equipment is available for use during clinics.

\*Participants cannot be registered in another hockey program at the the East Lansing Ice Cube.

### PRE-REGISTRATION REQUIRED

Friday, September 8, 2023 6:50 - 7:40pm

Saturday, November 4, 2023 10:00 - 10:50am

Saturday, February 24, 2024 10:00 - 10:50am

Wednesday, May 22, 2024 5:30 - 6:20pm



## SPEED. STRENGTH. SCIENCE.

2810 Hannah Blvd., East Lansing, MI 48823 (Inside East Lansing Ice Cube)

907-331-8381

alex@impact-sportsperformance.com



### *Ladies Silver Blades*

We provide a safe learning environment for adult women to pursue their enjoyment for figure skating with a professional coach leading the way! Join today!

## LADIESSILVERBLADES.ORG

*Celebrating 50 Years*  
Established 1973

## IMPORTANT CONTACTS

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