



7 Week Program
MAR 11 – APR 29
2 0 1 0

USFS Lapeer Skating Program
Polar Palace Arena Complex
 3301 Davison Road
 Lapeer, MI 48446
 Phone 810.245.7778
 Fax 810.667.3639
 Internet www.polarpalace.com

LEARN TO SKATE

TEAM OF INSTRUCTORS

Emily Cole
 Jackie Colpean
 Karen Lemieux

IMPORTANT DATES

Spring Break – No Classes
 April 2-11

2010 Session 5 Begins
 Thursday, May 13

Last Day for Enrollment
 No later than 2nd week in session

SKATING SOURCES

www.usfigureskating.org
 www.sk8stuff.com

***USFS Annual Membership**
 Required once July 1 - June 30

MICE-ON-ICE

session four



Where Skating Fun Begins.

US FIGURE SKATING CLASS STRUCTURE

One Hour Skating Party Fun

Mice on Ice (Ages 3 to 5) This pre-school Learn-to-Skate program will act as a 1-hour skating party combining on- and off-ice activities to help children not only become comfortable on the ice, but also providing time for building their socialization skills with a craft and snack time.

On-Ice Activities Emphasis will be placed on familiarizing the preschooler with the ice by teaching them how to stand, march, fall down and get up. Eventually, the skater will progress to learning the basics of skating according to the USFS guidelines. The coaches help to achieve this in a fun and relaxed environment. Upon completion of the Mice on Ice program, skaters will be ready to move on to Snow Plow Sam 2-3, Rink Rats or Basic Hockey class.

Off-Ice Activities A great beginning to skating starts with feeling comfortable in your skates. Some off-ice activities will include marching, sitting down and standing up with skates on. Class time also includes time for socialization, following directions, creating a craft and enjoying a snack.

CLASS SCHEDULE & COST

(Cost includes six *free* public open skate pass per registration)

Mice on Ice **\$75* (plus a \$10 USFS Membership Fee**)**
 Thursdays, Mar 11-Apr 29 10:30am-11:30am

*10% discount for second and third family member.

**USFS Membership is required once July 1 - June 30.

MICE ON ICE REGISTRATION

Name _____ Age _____ Birth Date _____

Address _____ City, State, Zip _____

Home Phone _____ Parent's Name _____

Emergency Phone & Contact _____

Allergies _____
(A small snack will be provided during off-ice portion of class)

Previous USFS Membership # _____

Level of Skating and/or Last Class Passed _____

Class you are Signing Up for _____ Day _____ Time _____

Add'l Sibling(s)* Signing Up Name _____
*10% discount for 2nd and 3rd skater in family

Age _____ Birth Date _____ Class _____

Name _____

Age _____ Birth Date _____ Class _____

*Fees must be paid on or before the 1st day of class & paid at the rink's front desk. Make checks payable to Polar Palace. Credit cards accepted. No refunds or credits will be issued without special approval by the Rink Manager, Program Director or receipt of Doctors note.

QUESTION & ANSWER

Do you have a question? Please ask. We are here to help.

Q: Is there a charge for skate rental?

A: Yes. Skates are available for \$2 per pair, per class, per skater at the Skate Rental Desk. Helmets are \$2 per helmet, per class, per skater. Payment for the skate and helmet rental is completed at the rink's front desk. A receipt must be shown to the Skate Rental Desk for receipt of skates and/or helmet.

Q: Should my skater wear a helmet?

A: Helmets are required for all skaters (ages 6 and under) enrolled in Mice on Ice, Snow Plow Sam and Basic Skills. Bicycle helmets may be used.

Q: What type of clothing is suitable for my skater?

A: Dress your skater in warm, comfortable clothing which gives the skater the freedom to move. Soft, warm socks are recommended for the boots along with gloves (with fingers) for keeping hands warm.



LEARN TO SKATE

SESSION FOUR



Where Skating Fun Begins.

Return Service Requested

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