



# LEARN TO SKATE

## session seven



Where Skating Fun Begins.

5 Week Program  
**AUGUST 2 – SEPTEMBER 2**  
**2010**

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

Jenny Brooks  
 Emily Cole  
 Jackie Colpean  
 Kathy Hillman  
 Karen Lemieux  
 Erica Miller

#### IMPORTANT DATES

##### No Classes

Week of September 6

##### 2010 Session 8 Begins

Sunday, September 12

##### Last Day for Enrollment

No later than 2<sup>nd</sup> week in session

#### SKATING SOURCES

www.usfigureskating.org  
 www.sk8stuff.com

##### \*USFS Annual Membership

Required once July 1 - June 30

### US FIGURE SKATING CLASS STRUCTURE

(All one hour sessions include ½ hour group lesson and ½ hour practice time)

**Snowplow Sam 1-3** (Ages 3 to 5) This class is designed to help preschool-age children develop preliminary coordination & strength necessary to maneuver on skates.

**Basic Skills 1-8** (Ages 6 to 16) The "Basic Skills" are the fundamentals of the sport. These eight levels of the program introduce the fundamental moves to school aged children. Upon completion of Basic 1-8 levels, skaters can advance to more specialized areas of skating – free skating, dance, synchronized, and pairs.

**Freestyle 1-6** (Ages 6 to 16) The Freestyle curriculum is designed for the more advanced level skater. Skaters must have passed Basic 8 in order to enroll in Freestyle 1. Elements introduced in freestyle levels include various jumps, spins and different use of edges. **Private lessons are recommended for this advanced level skater.**

**Adult 1-4** (Ages 16 & Up) These classes are designed for the adult skaters to learn at their own pace. Elements covered are forward and backward skating, crossovers, stopping and various use of edges.

### CLASS SCHEDULE & COST

(Cost includes six free public open skate pass per family; 10% discount for 2<sup>nd</sup> and 3<sup>rd</sup> skater in family)

#### Snowplow Sam 1-3, Basic Skills 1-8, Freestyle 1-6, Adult 1-4

**\$65 (plus a \$10 USFS Membership Fee\*)**

|                          |                 |
|--------------------------|-----------------|
| Mondays, Aug 2 – Aug 30  | 5:20pm-6:20pm   |
| Tuesdays, Aug 3 – Aug 31 | 10:30am-11:30am |
| Thursdays, Aug 5 – Sep 2 | 4:50pm-5:50pm   |

**CLASS FOCUS:** Fun, solid technique, very enthusiastic, increase speed, increase confidence, recreational skater

#### Freestyle Drop-In

**\$12 per day\*\***

|                          |               |
|--------------------------|---------------|
| Mondays, Aug 2 – Aug 30  | 4:00pm-4:50pm |
| Thursdays, Aug 5 – Sep 2 | 4:00pm-4:50pm |

\*\*This ice time is available for USFS skaters to practice on their own or with a private instructor.

## LTS REGISTRATION

Name \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Parent's Name \_\_\_\_\_

Parent (s) Email Address \_\_\_\_\_

Emergency Phone & Contact \_\_\_\_\_

Previous USFS Membership # \_\_\_\_\_

Level of Skating and/or Last Class Passed \_\_\_\_\_

Class you are Signing Up for \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_

Is there a skating goal for your skater? \_\_\_\_\_

Add'l Sibling(s)\* Signing Up Name \_\_\_\_\_

\*10% discount for 2<sup>nd</sup> and 3<sup>rd</sup> skater in family

Age \_\_\_\_\_ Birth Date \_\_\_\_\_ Class \_\_\_\_\_

Name \_\_\_\_\_

Age \_\_\_\_\_ Birth Date \_\_\_\_\_ Class \_\_\_\_\_

\*Fees must be paid on or before the 1<sup>st</sup> 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.

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## 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 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.



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S E S S I O N S E V E N



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Return Service Requested

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