



5 Week Program  
**AUGUST 3 – AUGUST 31**  
**2 0 1 0**

# MICE · ON · ICE

## session seven



*Where Skating Fun Begins.*

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](http://www.polarpalace.com)

### LEARN TO SKATE

#### TEAM OF INSTRUCTORS

Emily Cole  
 Jackie Colpean  
 Karen Lemieux

#### IMPORTANT DATES

**No Classes**  
 Week of September 6

**2010 Session 8 Begins**  
 Tuesday, September 14

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

**SKATING SOURCES**  
[www.usfigureskating.org](http://www.usfigureskating.org)  
[www.sk8stuff.com](http://www.sk8stuff.com)

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

## 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 family)

**Mice on Ice** **\$75\* (plus a \$10 USFS Membership Fee\*\*)**  
 Tuesdays, Aug 3 – Aug 31 10:30am-11:30am

\*10% discount for second and third family member.

## MICE ON ICE REGISTRATION

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

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

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

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

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 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 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.



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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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