

"SKATE WITH U.S." Learn to Skate Program

A program to learn the basics of Recreational skating, Hockey & Figure skating

FALL 2009 - SESSION 2

Presented by:



Located at: 5165 E. Remus Road
Mt. Pleasant, MI 48858
772-9623



For program and club information please call: 779-0690

Or check out our website: www.mtpleasantskatingclub.com

Session 2 skaters will also participate in our annual Holiday Show on 12/12

Welcome to the Skate with U.S. Program and the Mt. Pleasant Figure Skating Club. This program was designed to enable beginner skaters of all ages to learn the sport fundamentals and begin a lifetime commitment to health and fitness. This program is fun, challenging and rewarding. The Skate with U.S. Program is under the direction of the Mt. Pleasant Figure Skating Club, formed in 1997.

Class Format

Skating lessons are held weekly. Lessons are 25 minutes with a 25-minute warm-up/practice either before or after class. Classes run the entire 50 minutes. Skaters should plan to arrive at least 20 minutes prior to their class time to allow sufficient preparation time.

Clothing

We recommend skaters wear comfortable, loose fitting, warm clothing including hats, gloves or mittens. Hair that is shoulder length or longer should be tied back.

Equipment

Single blade skates [hockey or figure] are required. Skates are available at the I.C.E. Arena for a rental fee of \$1 [****reduced price****] each session. Helmets are required for children 5 years of age and younger [bicycle helmets are acceptable].

CLASS DESCRIPTIONS

Snow Plow Sam 1-3

He's big, he's fuzzy and he loves to skate!! Snowplow Sam, the USFSA's polar bear on skates, introduces basic preliminary moves through a program designed for children 4 and 5 years old.

Basic Skills 1-8

This program is designed to make the beginning skater feel comfortable on the ice while gaining basic skating knowledge. All elements must be passed before moving on to the next. Testing is ongoing.

Basic 1 - Entry-level class for children over the age of five years.

Basic 2 - Beginner class for children who can skate across ice unassisted and show some confidence in their skating abilities.

Basic 3 - Advanced beginner class. Learn forward stroking and other two-foot variations, while skating forward and backward.

Basic 4 - Intermediate class. Elements focus primarily on forward, outside and inside edges, plus forward crossovers.

Basic 5 - Advanced intermediate class. Elements focus primarily on backward, outside and inside edges, plus crossovers. The one-foot spin is introduced.

Basic 6 - Advanced class. Elements focus on straight-line body control and include spirals, lunges and bunny hops.

Basic 7 - Advanced class. Elements focus on edge control. Beginning scratch spin and Mohawk are introduced.

Basic 8 - Advanced class. Introduction to combination footwork, waltz jump, mazurka and pivots.

Private Lessons

MPFSC has several very skilled coaches who are available to teach private lessons. Names and phone numbers for private coaches are listed on the MPFSC bulletin board at the I.C.E. Arena or contact the skate line.

Registration - Fall 2009 / SESSION 2

Skater's Name: _____ Parent/Guardian: _____
 Address: _____ City: _____ Zip _____
 Daytime Phone: _____ Evening Phone: _____
 Date of birth: _____ Age _____ E-mail address: _____
 Previous skating experience: _____
 Highest level passed: _____

Sign up for the both nights and get the second night for 1/2 price [2nd child discount does not apply]

Please check your choice.

FALL 2009 SESSION 1 - October 26 to December 10 [6 weeks]

Thanksgiving week no classes – make-ups on 11/23 - CHRISTMAS EXHIBITION ON 12/12

<p><i>Snowplow Sam [ages 4 & 5]</i></p> <p>[] Monday 6-6:50 p.m. \$55 [] Thursday 6-6:50 p.m. \$55</p>	<p><i>Basic Skills [Level 1 to 4]</i></p> <p>[] Monday 6-6:50 p.m. \$60 [] Thursday 6-6:50 p.m. \$60</p>	<p><i>Basic Skills [Level 5 to 8]</i></p> <p>[] Monday 6-6:50 p.m. \$65 [] Thursday 6-6:50 p.m. \$65</p>
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NOTE: U.S.F.S.A. Membership of \$10 is due annually [Year begins in September].

We offer an additional child discount of \$5 per child per family.

USFSA membership \$ 10.00 [One time annually - mandatory for this session]
 Class Fee [1st night] \$ _____
 2nd night \$ _____
 Additional Child Discount \$ _____ [if applicable - Indicate name of 1st child _____]
2ND Session Show Fee \$ **5.00**
 Amount Enclosed: \$ _____

****Please make checks or money orders payable to the Mt. Pleasant Figure Skating Club and mail to:**
 PO Box 975, Mt. Pleasant, MI 48804-0975

Health Consent and Waiver of Responsibility

The Mt. Pleasant Figure Skating Club, organizers of USFSA Skate with U.S. programs, undertakes no responsibility for damages or injuries suffered by any skater. As a condition of, and in consideration of therein enrollment, all enrollees, their siblings, and their parents and guardians shall be deemed to agree to assume all risks of injury to their person and property resulting from and caused by, or connected with conduct and management of Skate with U.S. programs, and to waive and release any and all claims which they may have against the Mt. Pleasant Figure Skating Club, its officers, and/or employees and staff.

Hospital and Medical Release

I hereby authorize any hospital or emergency treatment facility to provide emergency treatment for the herein named skater if administering treatment is deemed necessary for the well-being of the skater in absence of written or telephone authorization.

Signature: _____ Date: _____
 (Skater if 18 or parent/guardian of minor skater)

Alternative Number(s) where you can be reached in an emergency: _____

If you cannot be reached, who may we contact? _____ Phone: _____

Family Doctor _____ Phone: _____

Insurance Information: _____

If you prefer treatment at a facility other than Central Michigan Community Hospital, please indicate details here:

Allergies, Medication, Medical Conditions: _____

OCTOBER 2009 - MPFSC SCHEDULE

25 Club Synchro 5-5:30 pm' Club Ice 5:30-6:20 pm	26 Club Ice 5-6 pm Basic Skills -6-6:50 pm	27 Drop-in F/S - 5-6:20 pm	28	29 Club Ice 5-6 pm Basic Skills -6-6:50 pm	30	31 Drop-in F/S - 8:30-9:50 am
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NOVEMBER 2009 - MPFSC SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Club Synchro 5-5:30 pm' Club Ice 5:30-6:20 pm	2 Club Ice 5-6 pm Basic Skills -6-6:50 pm	3 Drop-in F/S - 5-6 pm LTS Hockey -6-6:50 pm	4	5 Club Ice 5-6 pm Basic Skills -6-6:50 pm	6	7 Drop-in F/S - 8:30-9:50 am
8 Club Synchro 5-5:30 pm' Club Ice 5:30-6:20 pm	9 Club Ice 5-6 pm Basic Skills -6-6:50 pm	10 Drop-in F/S - 5-6 pm LTS Hockey -6-6:50 pm	11	12 Club Ice 5-6 pm Basic Skills -6-6:50 pm	13	14 Drop-in F/S - 8:30-9:50 am
15 Club Synchro 5-5:30 pm' Club Ice 5:30-6:20 pm	16 Club Ice 5-6 pm Basic Skills -6-6:50 pm	17 Drop-in F/S - 5-6 pm LTS Hockey -6-6:50 pm	18	19 Club Ice 5-6 pm Basic Skills -6-6:50 pm	20	21 Drop-in F/S - 8:30-9:50 am
22 Club Synchro 5-5:30 pm' Club Ice 5:30-6:20 pm	23 Club Ice 5-6 pm Basic Skills -6-6:50 pm	24 Drop-in F/S - 5-6 pm LTS Hockey -6-6:50 pm	25	26 THANKSGIVING	27	28 Drop-in F/S - 8:30-9:50 am
29 Club Synchro 5-5:30 pm' Club Ice 5:30-6:20 pm	30 Club Ice 5-6 pm Basic Skills -6-6:50 pm					

DECEMBER 2009 - MPFSC SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Drop-in F/S - 5-6 pm LTS Hockey -6-6:50 pm	2	3 Club Ice 5-6 pm Basic Skills -6-6:50 pm	4	5 Drop-in F/S - 8:30-9:50 am
6 Club Ice 5-6:20 pm	7 Club Ice 5-6 pm Basic Skills -6-6:50 pm	8 Drop-in F/S - 5-6 pm LTS Hockey -6-6:50 pm	9	10 Club Ice 5-6 pm Basic Skills -6-6:50 pm	11	12 Drop-in F/S - 8:30-9:50 am HOLIDAY EXHIBITION 1-3 PM
13 Club Synchro 5-5:30 pm' Club Ice 5:30-6:20 pm	14 Club Ice 5-6 pm	15 Drop-in F/S - 5-6:20 pm	16	17 Drop-in F/S - 5-6:20 pm	18	19 Drop-in F/S - 8:30-9:50 am
20	21	22 Drop-in F/S - 5-6:20 pm	23	24	25 CHRISTMAS DAY Rink Closed	26 Drop-in F/S - 8:30-9:50 am
27	28	29 Drop-in F/S - 5-6:20 pm	30	31	NEW YEAR'S DAY Rink Closed	Drop-in F/S - 8:30-9:50 am