

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

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

**FALL 2011 - SESSION 1**

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

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 minutes 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 all 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 or 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 2011 / SESSION 1**

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 ½ price [2<sup>nd</sup> child discount does not apply]**

**Please check your choice.**

**FALL 2011 SESSION 1 – September 12 to October 20 [6 weeks]**

<b>Snowplow Sam [ages 4 &amp; 5]</b>	<b>Basic Skills [Level 1 to 4]</b>	<b>Basic Skills [Level 5 to 8]</b>
<input type="checkbox"/> Monday 6-6:50 p.m. \$65	<input type="checkbox"/> Monday 6-6:50 p.m. \$70	<input type="checkbox"/> Monday 6-6:50 p.m. \$75
<input type="checkbox"/> Thursday 6-6:50 p.m. \$65	<input type="checkbox"/> Thursday 6-6:50 p.m. \$70	<input type="checkbox"/> Thursday 6-6:50 p.m. \$75

**NOTE;** U.S.F.S.A. Membership of \$12 is due annually [Year begins in September]. We offer an additional child discount of \$5 per child per family.

**USFSA membership \$ 12.00 [Mandatory for Fall Session 1]**

Class Fee [1<sup>st</sup> night] \$ \_\_\_\_\_  
 2<sup>nd</sup> night \$ \_\_\_\_\_  
 Additional Child Discount \$ \_\_\_\_\_ [if applicable – Indicate name of 1<sup>st</sup> child \_\_\_\_\_]  
 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, Medications, Medical Conditions