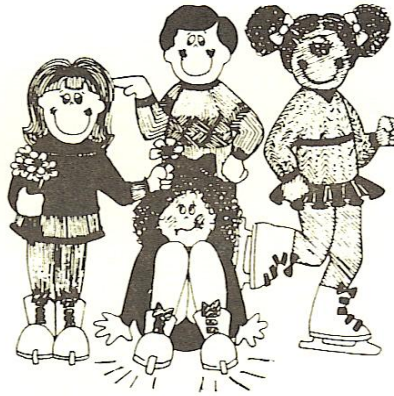


Come Skate With Us!

North Stars

SKATE SCHOOL



US Figure Skating and USA Hockey Basic Skills Program

**WINTER I SESSION
(November-December)
2011**

Please dress accordingly:

- Figure or hockey skates
(rental skates **not**
available at arenas)
- Warm comfortable clothing
 - Mittens or gloves
- Helmets for Snowplow skaters
- Hockey helmets optional for
hockey skaters

This program is presented and sponsored by the Maplewood Figure Skating Club. The MFSC has been a member of US Figure Skating since 1972.

US Figure Skating developed this national Learn to Skate Program that is exciting, rewarding, safe and fun. It has proven to be an overwhelming success. US Figure Skating along with USA Hockey developed the hockey portion of the program.

*For further information
contact Program Director:*

**Nikki Bennis 651-501-3667
adamnikki@comcast.net**

www.mfscskate.org

PROGRAM STRUCTURE

SNOWPLOW SAM CLASSES

Three progressive levels that are designed to introduce preliminary moves to young beginning skaters. All skaters must wear a helmet at all times while on the ice. A lightweight bike helmet is acceptable.

BASIC SKILLS CLASSES

Eight carefully planned progressive levels allow skaters to feel comfortable on the ice while learning the basics of skating. Introduction to forward and backward skating, stops, edges, crossovers and turns

HOCKEY CLASSES

Four progressive levels teaching the fundamentals of hockey skating. Focus is on balance and agility. Elements will be taught without a stick or puck. Hockey helmet is suggested but optional.

ADULT CLASSES

This class, for adults only, will follow four progressive levels appropriate for the beginner skater or skaters who would like to brush up on their skills to be comfortable on the ice again.

FREESTYLE CLASSES

Skaters must have passed Basic 6
Skaters learn jumps, spins and other advanced figure skating elements.

ICE DANCE CLASSES

Skaters must have passed Basic 4
Skaters are taught the footwork, timing and dance holds necessary for learning basic ice dance skills. Ice Dance also adds a sense of style and grace, improved posture and emphasizes proper stroking technique which gives the skater increased power.

Registration due no later than Saturday, October 29th

Registrations received after deadline may be assessed a \$10.00 fee

North Stars

SKATE SCHOOL

As a member of this program will receive the following to make your skating experience more fun and rewarding:

- Half hour lesson
- Half hour practice
- Limited class size
- Highly skilled and experienced instructors
- Junior instructors and helpers to assist classes and practice time
- General information about ice skating
- Opportunity to participate in Spring Show (May 2012)
- Opportunity for advancement through Maplewood FSC

Annual \$12.00 Registration Fee includes the following:

- Basic Skills Membership Card
- Basic Skills Record Book
- General sports accident coverage
- Basic Skills Member Patch
- Year patch denoting membership year
- A colorful embroidered test patch as you complete each level
- Opportunity to compete and perform in approved events
- Basic Skills Edition of SKATING magazine

No makeup sessions or refunds - You will be notified ONLY if the class is full or cancelled.

ARENA LOCATIONS

Aldrich Arena
1850 White Bear Ave, Maplewood
Polar Arena
2444 - 11th Ave East, North St. Paul
Vadnais Sports Complex
1460 County Rd E, Vadnais Heights

SATURDAY

LOCATION: Polar Arena
DATES: November 5, 12, 19, 26
December 3, 10, 17

FREESTYLE CLASS/JR CLUB

7:45-8:45 am

must have passed Basic 6

COST: FS \$90.00 (7 classes)
JR Club \$75.00 (7 classes)

ICE DANCE CLASSES

8:45-9:30 am

must have passed Basic 4

COST: BSK \$60.00 (7 classes)
Club \$70.00 (7 classes)

SNOWPLOW/BASIC SKILLS CLASSES

Snowplow 1-3 and Basic 1-6

9:30-10:30 am

(30 min practice/30 min class)

COST: \$80.00 (7 classes)

HOCKEY/ADULT CLASSES

Hockey 1-4 and Adult 1-4

10:00-11:00 am

(30 min practice/30 min class)

COST: \$80.00 (7 classes)

POWER CLASS

10:30 - 11:00 am

must have passed Basic 1 or Hockey 1

COST: \$35.00 (7 classes)

MONDAY

LOCATION: Aldrich Arena

DATES: November 7, 14, 21, (no ice 28)
December 5, 12, 19

SNOWPLOW/BASIC SKILLS CLASSES

Snowplow 1-3 and Basic 1-6

HOCKEY/ADULT CLASSES

Hockey 1-4 and Adult 1-4

5:00-6:00 pm

(30 min practice/30 min class)

COST: \$70.00 (6 classes)

TUESDAY

LOCATION: Vadnais Sports Complex

DATES: November 8, 15*, 22, 29
December 6, 13, 20

SNOWPLOW/BASIC SKILLS CLASSES

Snowplow 1-3 and Basic 1-6

HOCKEY/ADULT CLASSES

Hockey 1-4 and Adult 1-4

5:00-6:00 pm

***11/15 classes 6:15-7:15 pm**

(30 min practice/30 min class)

COST: \$80.00 (7 classes)

WEDNESDAY

LOCATION: Vadnais Sports Complex

DATES: November 9, 16, 23, 30
December 7, 14, 21

SNOWPLOW/BASIC SKILLS CLASSES

Snowplow 1-3 and Basic 1-6

HOCKEY/ADULT CLASSES

Hockey 1-4 and Adult 1-4

10:00-11:00 am

(30 min practice/30 min class)

COST: \$80.00 (7 classes)

NORTH STARS SKATE SCHOOL REGISTRATION - WINTER I 2011

~ Please complete both sides ~

CLASSES	SESSION			
	SAT	MON	TUES	WED
Snowplow Sam (1-3)	\$80 <input type="checkbox"/>	\$70 <input type="checkbox"/>	\$80 <input type="checkbox"/>	\$80 <input type="checkbox"/>
Basic Skills (1-6)	\$80 <input type="checkbox"/>	\$70 <input type="checkbox"/>	\$80 <input type="checkbox"/>	\$80 <input type="checkbox"/>
Hockey (1-4)	\$80 <input type="checkbox"/>	\$70 <input type="checkbox"/>	\$80 <input type="checkbox"/>	\$80 <input type="checkbox"/>
Adult (1-4)	\$80 <input type="checkbox"/>	\$70 <input type="checkbox"/>	\$80 <input type="checkbox"/>	\$80 <input type="checkbox"/>
SPECIALTY				
Freestyle	\$90 <input type="checkbox"/>			
Junior Club	\$75 <input type="checkbox"/>			
BSK Ice Dance	\$60 <input type="checkbox"/>			
Club Group Dance	\$70 <input type="checkbox"/>			
Power	\$35 <input type="checkbox"/>			

Session total _____
 Registration Fee 12.00

(One time membership
 fee June 2011-May 2012)

Total Amount: _____

Check # _____

Make checks payable to

MFSC

Mail to:

Nikki Bennis
8036 Hudson Blvd N
Oakdale, MN 55128

DISCOUNT

*A discount will be offered to multiple family members.

The first skater is regular price, and each additional skater will receive a \$5.00 discount.

NORTH STARS SKATE SCHOOL REGISTRATION - WINTER I 2011 - please complete both sides

One registration form per skater ~ Please print ~

Skater Name _____ Date of Birth _____ Age _____ Male _____ Female _____

Parents/Guardian Name/s _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Email _____

Check if new _____ Skating ability if new _____

NSSS/MFSC and it's Skating Instructors are not liable for any injuries obtained during lessons or practice times.
 No make-up sessions or refunds. You will be notified ONLY if the class is full or cancelled.

Parent/Guardian Signature _____

How did you hear about us? _____