

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 8. 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.



This program is presented and sponsored by the Maplewood Figure Skating Club. The Maplewood FSC has been a member of the United States Figure Skating since 1972. USFS is the Official governing body for amateur figure skating for the USA. It is also recognized by the U.S. Olympic Committee and serves as the U.S. member of the International Skating Association.

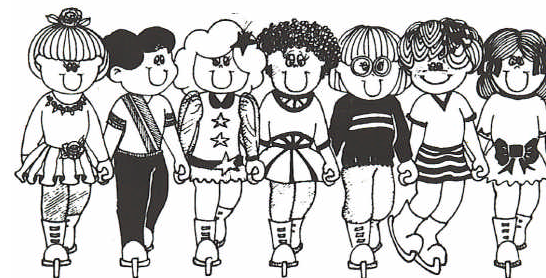
United States Figure Skating developed this national Learn to Skate Program that is exciting, rewarding, safe and fun. It has proven to be an overwhelming success. USFS along with USA Hockey developed the hockey portion of the program.

www.mfscskate.org

For further information
contact Program Director:
Nikki Bennis 651-501-3667
adamnikki@comcast.net

Come Skate With Us!

GROUP SKATING LESSONS FOR CHILDREN AND ADULTS



*US Figure Skating
and
USA Hockey
Basic Skills Program*

**SPRING SESSION
Monday & Saturday
2010**

Features of our Skating Program

As a member of this program you 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
- Basic Skills Membership Card
- Basic Skills Record Book
- Basic Skills member patch
- Patch with year that membership started
- A colorful embroidered test patch as you complete each level
- General information about ice skating
- General liability insurance coverage

Please dress accordingly:

- Figure or hockey skates
(rental skates not available at arena)
- Warm comfortable clothing
 - Mittens or gloves
- Helmets for Snowplow skaters
- Hockey helmets optional for hockey skaters
- No jeans as they restrict movement

LEARN TO SKATE BASIC SKILLS PROGRAM

Registration due no later than Monday, March 8th

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

Saturday Session

LOCATION: Polar Arena
2444 - 11th Ave East
North St. Paul

Note: Rental skates are not available at arena.

DATES: March 20, 27
April 3, 10, 17, 24
May 1, 8

FREESTYLE/JR CLUB

8:15-9:15 am

must have passed Basic 8

COST: FS \$100.00 (8 classes)
JR Club \$72.00 (8 classes)

ICE DANCE

9:15-10:00 am

must have passed Basic 4

COST: BSK \$70.00 (8 classes)
Club \$80.00 (8 classes)

SESSION

10:00-11:00 am

(30 min practice/30 min class)

COST: \$85.00 (8 classes)
Snowplow 1-3 and Basic 1-8
Hockey 1-4 and Adult 1-4

Monday Session

LOCATION: Polar Arena
2444 - 11th Ave East
North St. Paul

Note: Rental skates are not available at arena.

DATES: March 15, 22, 29
April 5, 12, 26, no ice 4/19
May 3, 10

SESSION

5:00-6:00 pm

(30 min practice/30 min class)

COST: \$85.00 (8 classes)
Snowplow 1-3, Basic 1-6,
Adult 1-4 and Hockey 1-4

New skaters will be evaluated on first day.

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

SPRING 2010

BASIC SKILLS REGISTRATION –

please complete both sides

<u>SATURDAY CLASSES</u>	
10:00-11:00 am	
Snowplow Sam (1-3)	\$85.00 <input type="checkbox"/>
Basic Skills (1-8)	\$85.00 <input type="checkbox"/>
Hockey (1-4)	\$85.00 <input type="checkbox"/>
Adult (1-4)	\$85.00 <input type="checkbox"/>
SPECIALITY	
Freestyle	\$100.00 <input type="checkbox"/>
Junior Club	\$72.00 <input type="checkbox"/>
BSK Ice Dance	\$70.00 <input type="checkbox"/>
Club Group Dance	\$80.00 <input type="checkbox"/>

<u>MONDAY CLASSES</u>	
5:00-6:00 pm	
Snowplow Sam (1-3)	\$85.00 <input type="checkbox"/>
Basic Skills (1-6)	\$85.00 <input type="checkbox"/>
Hockey (1-4)	\$85.00 <input type="checkbox"/>
Adult (1-4)	\$85.00 <input type="checkbox"/>

Make checks payable to:
MFSC

Mail to:

Nikki Bennis
8036 Hudson Blvd N
Oakdale, MN 55128

Amount _____

Check # _____

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.

Detach and retain class schedule

SPRING SESSION 2010

BASIC SKILLS REGISTRATION - 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 _____

Maplewood FSC 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? _____