

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.



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 is the official governing body for amateur figure skating for the US. It is also recognized by the US Olympic Committee and serves as the US member of the International Skating Association.

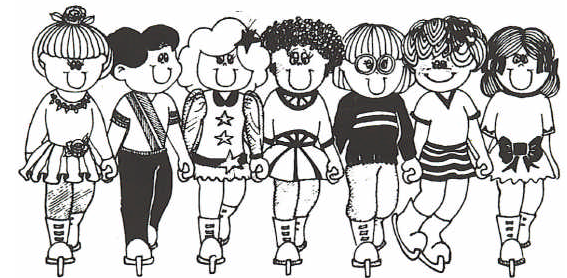
US Figure Skating developed this national Learn to Skate Program that is exciting, rewarding, safe and fun. It has proven to be an overwhelming success. US Figure Skating along with USA Hockey developed the hockey portion of the program.

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*

**SUMMER
SESSIONS I & II
MONDAYS
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

Session I - Registration due no later than Friday, May 28
Session II - Registration due no later than Monday, July 19

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

SUMMER SESSION I

LOCATION: Tartan Arena
740 Greenway Ave. N
Oakdale, MN 55128
(Behind Tartan High School)

Note: Rental skates are not available

DATES: June 7, 14, 21, 28
July 12, 19 no ice 7/5

SESSION

5:30-6:30 pm

(30 min practice/30 min lesson)

COST: \$65.00 (6 classes)

Snowplow 1-3, Basic 1-6,
Hockey 1-4 and Adult 1-4

ICE DANCE

6:45-7:30 pm

must have passed Basic 4

COST: BSK \$55.00 (6 classes)

Club \$65.00 (6 classes)

FREESTYLE/JR CLUB

7:30-8:30 pm

must have passed Basic 6

COST: FS \$75.00 (6 classes)

JR Club \$54.00

SUMMER SESSION II

LOCATION: Tartan Arena
740 Greenway Ave. N
Oakdale, MN 55128
(Behind Tartan High School)

Note: Rental skates are not available

DATES: July 26
August 2, 9, 16, 23, 30

SESSION

5:30-6:30 pm

(30 min practice/30 min lesson)

COST: \$65.00 (6 classes)

Snowplow 1-3, Basic 1-6,
Hockey 1-4 and Adult 1-4

ICE DANCE

6:45-7:30 pm

must have passed Basic 4

COST: BSK \$55.00 (6 classes)

Club \$65.00 (6 classes)

FREESTYLE/JR CLUB

7:30-8:30 pm

must have passed Basic 6

COST: FS \$75.00 (6 classes)

JR Club \$54.00

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

SUMMER 2010 - REGISTRATION

~ Complete and mail - keep other two pages for your reference ~

MONDAY SUMMER CLASSES		
	Session I	Session II
Snowplow Sam (1-3)	\$65.00 <input type="checkbox"/>	\$65.00 <input type="checkbox"/>
Basic Skills (1-6)	\$65.00 <input type="checkbox"/>	\$65.00 <input type="checkbox"/>
Hockey (1-4)	\$65.00 <input type="checkbox"/>	\$65.00 <input type="checkbox"/>
Adult (1-4)	\$65.00 <input type="checkbox"/>	\$65.00 <input type="checkbox"/>
SPECIALITY		
Freestyle	\$75.00 <input type="checkbox"/>	\$75.00 <input type="checkbox"/>
Junior Club	\$54.00 <input type="checkbox"/>	\$54.00 <input type="checkbox"/>
BSK Ice Dance	\$55.00 <input type="checkbox"/>	\$55.00 <input type="checkbox"/>
Club Group Dance	\$65.00 <input type="checkbox"/>	\$65.00 <input type="checkbox"/>

Make checks payable to:
MFSC

Mail to:

Nikki Bennis
8036 Hudson Blvd N
Oakdale, MN 55128

DISCOUNTS

*Sign up for both sessions and receive \$5.00 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.

Amount _____

Check # _____

SUMMER 2010 - REGISTRATION

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? _____