



So, you want to learn how to skate? You've come to the right place.

U.S. Figure Skating welcomes you to the U.S. Figure Skating Basic Skills Program! The Basic Skills program will help you learn all the fundamentals of figure skating - it's simply the best way to take to the ice. The Basic Skills program is designed by U.S. Figure Skating to be the best beginning ice skating program that is fun, challenging and rewarding.

Why U.S. Figure Skating Basic Skills Program?

- Official learn-to-skate program of the National Governing Body for figure skating
- Highest quality instruction
- Fun, challenging and rewarding skating curriculums for all ages and abilities
- Bridge to U.S. Figure Skating testing and competitive structure
- Promotional materials available for skaters, parents and facilities
- Manuals, videos and workshops for all instructors

The curriculum is designed to keep skaters enthusiastic about learning from the time they begin lessons until the time they reach their goals. Whether your goal is to achieve Olympic fame or simply enjoy the recreational benefits of skating, Basic Skills is for you! The entire Basic Skills program has special classes for many facets of skating including free skate, pairs, synchronized skating, choreography (Artistry in Motion) and hockey. Currently there are more than 800 programs and 100,000 skaters registered across the United States in the U.S. Figure Skating Basic Skills Program.

The objectives of the program are:

- To provide a fun and safe skating experience for the beginner as well as the more advanced skater
- To teach correct technique of the basic elements of skating
- To develop a finer degree of coordination and balance
- To promote physical fitness
- To have fun!



Full Stride
20 Kimball Ave
Suite 204
S. Burlington, VT 05403



WINTER/SPRING
2009

ALL AGES!

Yes I Can!

Learn to Skate
and

Learn to Play

Hockey

AT CAIRNS ARENA

full stride

(802)652-9010 • 800-994-6406

www.fullstride.com

LEARN TO SKATE / LEARN TO PLAY HOCKEY

REGISTRATION

Cairns Arena

Mail with payment to:

Full Stride
20 Kimball Ave., Suite 204
S. Burlington, VT 05403

Phone: 802-652-9010
800-994-6406
Fax to: 802-652-0000

Name: _____

Mailing Address: _____

Parent/Guardian: _____

Email: _____

Phone: (H) _____ (W) _____

Skater's Age: _____

Past Skating Experience: _____

Previous Group Lesson, if any: _____

Check all that apply:

- | | | |
|------------------|-------------------|--|
| Session 3 | Wednesdays | Jan 6th—Feb 11th |
| | Saturdays | Jan 10th—Feb 14th |
| Session 4 | Wednesdays | Feb 18th—Mar 25th |
| | Saturdays | Feb 21st—Apr 4th (no class 3-7) |
| Session 5 | Wednesdays | Apr 1st—May 6th |

Day/Group:

- | Wednesday | Saturday |
|--|--|
| <input type="checkbox"/> Snow Plow Sam 3:30-4:00 | <input type="checkbox"/> Snow Plow Sam 4:00-4:30 |
| <input type="checkbox"/> Basic 1&2 4:00-5:00 | <input type="checkbox"/> Basic 1&2 4:30-5:30 |
| <input type="checkbox"/> Basic 3&4 4:00-5:00 | <input type="checkbox"/> Basic 3&4 4:30-5:30 |
| <input type="checkbox"/> Adult 4:00-5:00 | <input type="checkbox"/> Basic 5&6 4:30-5:30 |
| <input type="checkbox"/> Learn to Play 4:00-5:00 | <input type="checkbox"/> Adult 4:30-5:30 |

Session Price: Per Skater/Per Class

(For multiple skaters per family, indicate # of skaters per class)

- 1 Snow Plow Sam** class per week/skater= **\$80**
 2 Snow Plow Sam classes per week/skater=**\$145 (Wed/Sat)**
 1 Basic 1-6/Adult class per week/skater=**\$100**
 2 Basic 1-6/Adult classes per week/skater = **\$180 (Wed/Sat)**

Total: _____ (Subtract \$5 for Family Discount of each additional skater)

Payment Method:

- Cash Check Visa Mastercard

Amount Enclosed: _____

Card # _____ Exp: _____

Signature: _____

Yes I Can!

Learn to Skate and Play Ice Hockey!

- **ALL AGES**
- **SMALL CLASSES-LIMITED ENROLLMENT**
- **PROFESSIONAL INSTRUCTORS**
- **SKATES CAN BE RENTED AT THE ARENA**
- **6 WEEK SESSIONS, MANY TIME OPTIONS**
- **ATTEND MULTIPLE SESSIONS**



Class time: 1 hour

15 minute warm-up

1/2 hour lesson

15 minutes of supervised practice time.

Snow Plow Sam Class Time: 1/2 hour

US FIGURE SKATING
Basic Skills Program

Presented by **Marshalls**

Class Levels:

- **Snowplow Sam 1-3:** Young beginners ages 3 through 5 including “never evers”
- **Basic 1&2:** Older beginners ages 6 & up. Balance skills; beginning forward and backward skating.
- **Basic 3&4:** Correct stroking forward and backward; forward cross-overs; beginning turns; forward edges
- **Basic 5-6:** backward edges; back cross-overs; beginning jumps and spins; advanced stops and turns.
- **Adult** Above skills at a different pace. Class is designed to challenge all adults—from “never evers” to advanced skaters
- **Learn to Play** Have you been thinking about playing hockey, but want to get some instruction before jumping into games? This is the place to start. Minimum skating skills required.

Equipment:

Please dress your skater in warm, comfortable clothing. Mittens, knit hats and/or helmets are highly recommended for all skaters. **Helmets are mandatory for Snow Plow Sam skaters and all Learn to Play Hockey participants.**

Skates need to fit snugly and blades should be free of rust and large nicks. Properly fitting skates are essential to success. Quality rental skates are available for a nominal fee. Skates can be sharpened in the Pro Shop. Instructors will be happy to give equipment advice.

For more information, please call
802-652-9010 or 800-994-6406